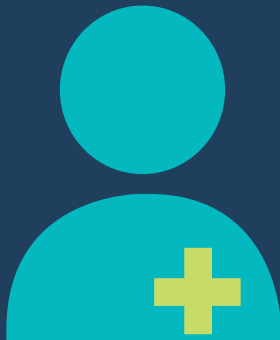


Let's PLAN for better care



Four steps for your next health care visit



Prepare for your visit

Listen and share

Ask questions

Note down what you need to do next

Prepare for your visit

- Write down your main concerns or questions.
- Make a list of your medicines and supplements
- Did you know you can take a support person with you and ask for a translator?

Listen and share

- Say if you don't understand and if a drawing could help.
- Say if you're having problems with your medicines or treatment, or can't afford them.
- Is there anything else you can tell your doctor or nurse about your health?

Ask questions

- What is my health problem?
- What happens next?
- Why is that important?
- Are there any other options?
- What can I do to help with my health?

Note down what you need to do next

When you collect your medicine from a pharmacy, you may want to ask these questions:

- What is the medicine for?
- What is its name?
- How and when do I take it?
- How long do I need to take it for?
- What could happen if I stop taking it?
- What are the side effects? What should I do if I get these?



Health Direct 1800 022 222 Call any time of the day or night to speak to a registered nurse who can answer your health questions.

For more info and resources visit
healthliteracy.nswlhd.health.nsw.gov.au



Health
Northern NSW
Local Health District



Let's PLAN for better care

Name:

My questions

My medicines and supplements

What I need to do next and how my family can help



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