



Be Prepared. Be Engaged.



Be ready

Write down the most important things you want to talk about during your visit.



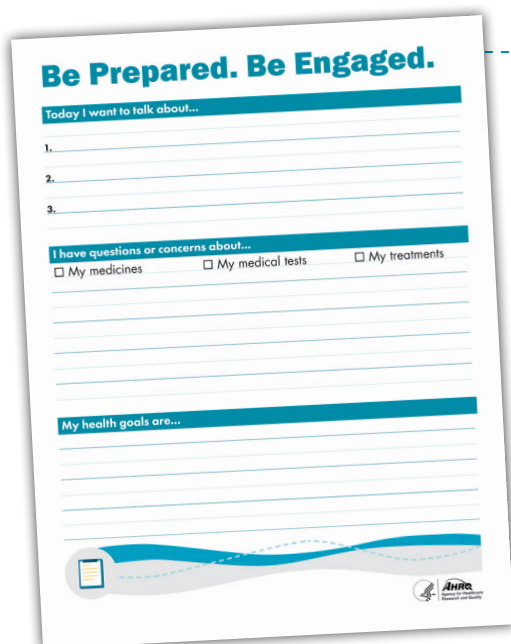
Ask questions

Write down your questions. You can find a Question Builder on the Agency for Healthcare Research and Quality website at <https://go.usa.gov/xQx6w>



Speak up

Write down your health goals.



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Today I want to talk about...

1. _____


2. _____

3. _____

I have questions or concerns about...

My medicines My medical tests My treatments

My health goals are...



Ask your care team for a **Be Prepared Note Sheet** to help you get ready for your visit.

It's a way to:

- Help you remember everything you want to discuss.
- Let your healthcare team know what's important to you.