

Tips for talking with your healthcare team

Start with identifying your healthcare priorities – if this was not done through your healthcare provider you can visit [MyHealthPriorities.org](https://www.myhealthpriorities.org) for a self-guided method. After completing the questions you'll get a summary you can bring to all your healthcare providers. Use the below tips to help guide your conversations about what matters most to you. Your health care team wants to know what is important to you. It makes caring for you easier.



Basic Tips:

- 1. Let your health care team know your health goal, your symptoms, and what is helpful or burdensome to you about your health care tasks.**

Show them the printout/summary of your healthcare priorities as a first step.

- 2. Ask for help to meet your health goal.**

For example, "Is there something that will help me walk around my house without being so short of breath?"

- 3. Ask if treatments will help your health goal.**

For example, "Will this medicine help my energy in the morning, so I can walk my dog?" or "Would this treatment improve my shortness of breath enough to get to lunch with my friends every day?"

- 4. Ask what the expected treatment effort would be.**

For example, "What exactly will I have to do on my own if we start insulin?"

- 5. Be specific.**

For example, instead of saying "I don't like this medicine," say "This medicine makes me feel weak and dizzy and I can't get out to visit friends or see my family."

Suggested Words to Use with Your Health Care Team

- "As you see, the One Thing I want to focus on is _____. What do you think will help with that?"
- "I really don't like..."
- "What concerns me most is..."
- "My main health goal is making sure I can..."
- "I want help with..."
- "I'm willing to _____ if it helps me meet my goals."

*These tips may help you share **the One Thing** and your **Health Priorities** with your health care team in a way they can act upon.*

