



How to Talk With Your Doctor

Today's topics



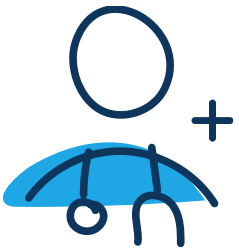
-  Why is it important to talk with your doctor?
-  How to get help in your language
-  Talk with your doctor

Section 1

**Why is it important to talk with
your doctor?**

It's important to know:

- How you talk to your doctor and how they understand you.
- How your doctor talks to you and how you understand them.



When you understand your doctor and they understand you, you're better able to make informed choices when it comes to your health.

You may want more information about:

- Medicines
 - Appointments
 - Understanding what your doctor, nurse, or pharmacist is saying
 - Informed consents
 - Discharge instructions
 - Health education materials
 - Insurance applications and information
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**Get help in
your language.**



Language Access Cards

There are **four ways** to get the card so you can carry it with you:

1. **Download and print the card.** If you don't have a printer, ask for help at your local library.
2. **Take a screenshot** or **save the card on your phone** to use when needed.
3. **Call Member Services** to get a printed card in the mail.
4. Attend a **Member Advisory Council meeting**.

Go online.

Visit the
website
hho.fyi/lac



Go online.

Scan the
QR code



Kat Aksè Lang

Moun ki pa pale Anglè byen gen dwa pou yo jwenn èd sèvis entèprèt nan pwòp lang pa yo a gratis. Kat sa a ap ede founisè sèvis yo idantifye lang yon moun pale anvan yo rele yon entèprèt pou bay èd. Dwa a defini dapre Tit VI nan Lwa sou Dwa Sivil yo.

Sèvi ak kat sa a pou:

-  Sèvis dijans ak sèvis ki pa ijans
-  Òganizasyon sèvis sosyal yo
-  Lekòl piblik yo ak invèsite piblik yo

-  Vizit kay doktè, lopital yo, ak famasi yo
-  Tribinal yo (vil, konte, eta, ak federal)

-  Pwogram asistans piblik yo
-  Transpò piblik
-  Sèvis piblik yo (dlo, fatra, elektrisite)

Machaswiv

Dekoupe kat ki anba a oswa pran yon foto kat la avèk telefòn ou. Kenbe kat la avèk ou toutan. Sèvi ak li pou w mande èd nan lang pa w. Kat sa a pa obligatwa pou resevwa sèvis yo.



I speak Haitian Creole.

Please contact an interpreter so we can communicate. People who do not speak English well have a right under Title VI of the Civil Rights Act to free interpretation help in their language.



Mwen pale kreyòl ayisyen.

Tanpri kontakte yon entèprèt pou nou kapab kominike. Dapre Tit VI nan Lwa sou Dwa Sivil yo, moun ki pa pale Anglè byen gen dwa pou yo jwenn èd sèvis entèprèt gratis nan lang pa yo a.



Available in 29 Languages

American Sign

Arabic

Armenian

Burmese

Chinese

Farsi

French

German

Greek

Haitian Creole

Hindi

Italian

Korean

Navajo (Diné)

Nepali

Pashto

Polish

Portuguese

Rundi

Romanian

Russian

Spanish

Swahili

Tagalog

Turkish

Ukrainian

Urdu

Uzbek

Vietnamese

Mwen pale kreyòl ayisyen.

I speak English.

Yo hablo español.

ة.يبرعلا ثدحتأ انأ

我说中文。

Je parle français.

Section 3

Talk with your doctor



How to talk with your doctor.

- Tell your doctor what's bothering you.
 - Answer questions about how you feel so the doctor will be able to help you.
 - Ask questions.
 - Tell the doctor when there is something you don't understand.
 - Ask your doctor to talk slower.
 - Ask your doctor to talk louder.
 - Ask your doctor to show you a picture.
-



Important takeaway:

- It is **very important that you understand what you are being told** when it comes to your health.
 - **Your doctor wants you to understand** but won't know you don't unless you speak up.
 - Talking to your doctor or health care provider may not always be easy, but it is an **important part of maintaining good health.**
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Be ready: Make a list of your symptoms.



Before your doctor appointment, **make a list of your symptoms** and anything that is bothering you.

Put your most important concerns at the top of the list.

Be ready: Make a list of your symptoms.



Other things to share with your doctor:

- What should your body be doing but isn't?
- Have you stopped taking prescribed medication?
- Have you had a reaction to a vaccination?



Symptoms can...

- Be about your **physical body**:
 - Pain
 - Fever
 - Trouble sleeping
 - Unexplained weight loss
 - Involve your **thoughts and feelings**:
 - Sadness
 - Confusion
-



Things your doctor will want to know:

- What are your symptoms and when did they start?
- How often do your symptoms happen?
- What makes your symptoms better, or worse?



Try writing down the answers to some of these questions before your doctor visit.

Questions to ask your doctor before a screening:

- What will the screening tell us?
- What does it involve?
- How should I get ready?
- Are there any dangers or side effects?



Questions to ask your doctor after getting a diagnosis:

- What may have caused this condition?
- How long will it last? Is it permanent?
- How is this condition treated or managed?
- How will it affect me?





Questions to ask your doctor about treatment options:

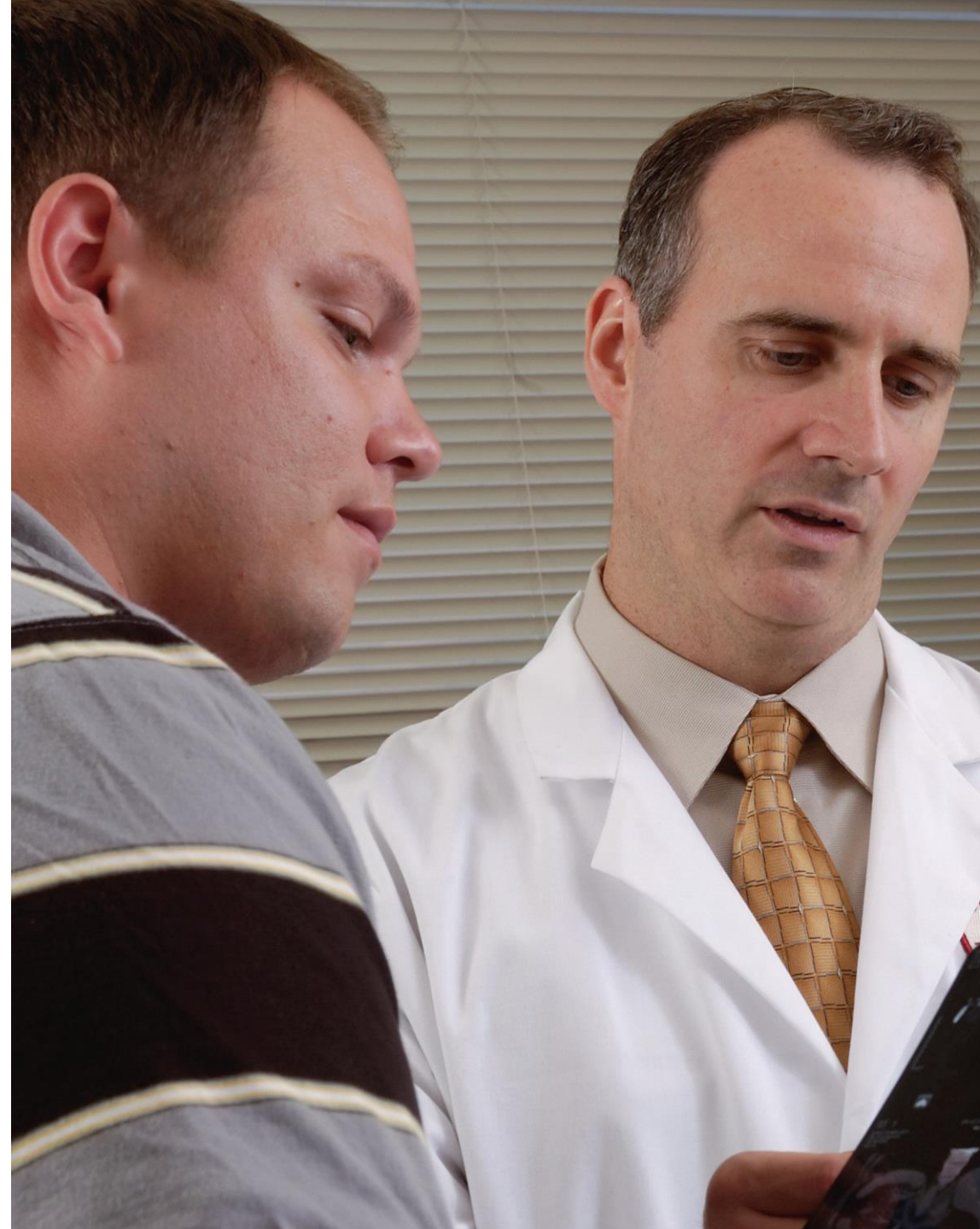
- What are my treatment choices?
- What are the risks and benefits?

Communicating with your doctor is important when talking about your treatment options.

Bring support.

Bring a close and trusted family member or friend to your appointment.

- They can help you with your list of questions.
- They can talk about how you're doing.
- They can be your health advocate.



Watch
more episodes at
hho.fyi/has.

