

Talk With Your Doc

Health information is complicated and hard to understand.

What can you do?

1. Ask your doctor:

- **Can you say that again please?**
- **Can you please explain that word to me?**
- **Can you speak more slowly please?**

2. Repeat what you heard the doctor say. Try this:

**Doctor, I want to make sure I understand.
This is what I heard you say:¹**

- **I have _____.**
- **You would like me to _____.**
- **I should do this because _____.**



¹Adapted from Ask Me 3