ABC Health Matters

Tips for your next Doctor Visit

Looking after your health is important, and so is making sure you understand everything the doctor tells you.

Here are a few questions to help:

1. What is my health problem?
2. Do I need more tests?
3. Will I need to take medicine?
4. Is there anything else I need to do?

If you don't understand what your doctor tells you the first time, it's OK to ask them to explain it another way.

Your doctor is an important part of your health care team. Talk to your doctor today to take charge of your health and live healthier.

Visit ABCHealthMatters.ca for more helpful resources.

ABC LifeLiteracyCanada