

# Becoming a More Empowered Patient

First, we have chosen to share a video by Consumer Health Choices: Talking With Your Doctor. In it you will see how preparing for you appointment can make a difference.

- Write down your questions ahead of time.
  - Be Specific
  - Speak Up
- ASK your questions
  - Do I really need this test or procedure?
  - What are the downsides?
  - Are there simpler, safer options?
  - What happens if I do nothing?
  - How much does it cost?
- In the end, be comfortable with your decisions about your health care.



We have chosen a second video by the National Patient Safety Foundation: AskMe3, to share with you. Here, you learn that there are three important questions to ask your doctor whenever you see him or her. When these questions are answered, you will find yourself more informed and better able to engage in your care.

- What is my main problem?
- What is my plan of care - what do I need to do for my main problem?
- Why is it important for me to do this?



Finally, we are sharing a series of videos by Dartmouth-Hitchcock:

Self-Advocacy: [The Empowered Patient](#),  
Self-Advocacy: [Preparing for your Visit](#),  
Self-Advocacy: [Why It's Important To Share](#) and  
Self-Advocacy: [Doing Research](#).

In these video, you will hear from two doctors, in their own words, how you can be an empowered patient and how important your engagement in your own care really is.



We hope that you watch these short videos and that they help you to become a more confident, engaged, and empowered patient.