Be Prepared. Be Engaged.

Be ready
Write down the most important things you want to talk about during your visit.

Ask questions
Write down your questions. You can find a Question Builder on the Agency for Healthcare Research and Quality website at https://go.usa.gov/xQx6w

Speak up
Write down your health goals.

Ask your care team for a Be Prepared Note Sheet to help you get ready for your visit.

It’s a way to:
- Help you remember everything you want to discuss.
- Let your healthcare team know what’s important to you.