



Be Involved in Your Health Care

Healthy Living Message



What's Important to Know?

Playing an active role in your health care is key to meeting your health goals. To get the most out of your visit, plan the questions you want to ask and the things you want to discuss. When you leave your visit, know what actions to take to best manage your health.

Here are some specific ways to be involved:

Before your visit:

- Write down your health goals, needs, questions, and concerns.
- Bring this list to your appointment, along with a pen to take notes during your visit.
- Bring an additional list of all the medicines, vitamins, and supplements you take.
- Consider bringing a family member, caregiver, or friend for support.
- Get more information from the [Veterans Health Library](#) and [My HealtheVet](#).

During your visit:

- Share your health goals, needs, treatment preferences, and any questions or concerns at the start of your visit.
- Tell your team about past illnesses, hospital stays, surgeries, and any health issues you're experiencing.
- Share what medicines you take and why you take them.
- Work with your team to create a treatment plan that meets your health goals and preferences. Be sure your plan focuses on what matters most to you.
- Take notes during your visit.

- Share steps that you plan to take to reach your health goals. If you are unsure, ask your team for help in identifying specific actions you might take.
- Clarify next steps in your health care plan including future appointments, treatments, and how to view test results.
- Ask questions and speak up if the plan isn't clear or if you think something is wrong.
- Ask for written instructions, including for any medicines you're prescribed.

After your visit:

- Get additional information from the [Veterans Health Library](#) and [My HealtheVet](#).
- Tell your team if you have questions, concerns, or any change in your health.

Want to Know More?

Talk with your VA health care team to learn how you can take an active role in your care and work toward your health goals.

For more resources, visit VA's Prevention website using the QR code above or the link below:

www.prevention.va.gov/Healthy_Living/Be_Involved_in_Your_Health_Care.asp

