



Advocating for yourself: 10 Questions to Ask

1. What may have caused this particular condition, and how can I prevent it?
 - Knowing what may have caused the condition is extremely important. If it's something preventable it's important to ask because in order to prevent any other illness or make your current illness worsen you need to know the correct steps to take to decrease your risk.

2. Why is this test being done?
 - You should always know why a particular test is being done and why it is necessary. Sometimes doctors order test when it is not necessary and look for an illness that doesn't need to be found because that can lead to over-diagnosis.

3. Are there any side effects to this medication?
 - A lot of medications come with side effects and sometimes the side effects can be worse than the illness itself. You want to ask your doctor what the side effects are in order to inform yourself and if the side effects are not worth it, then talk to your doctor about possible substitution.

4. Why do I need this medication?
 - A lot of patients find themselves taking medication that they know nothing about. Understanding why you are taking a certain medication is extremely important. It can stress how responsible and lenient you need to be with it.

5. What happens if I don't take this medication?
 - It is very important to know this because you need to know if there will be a negative affect on your body if you do not take the medication.

6. Is this medication necessary?
 - I think the goal is to avoid having to take any form of medication. Finding out if the medication is necessary or not is very important. If the medication is not necessary ask if there is a healthier more natural way to decrease the chance of the illness going any farther.

7. Are my vaccinations and health screenings up to date?
 - Health screenings and vaccines aren't something you get done once and never get again. It is something you consistently get done over the course of your life. Especially vaccines, they do keep you immune forever, so talk to your doctor and make sure you're up to date.

8. Why doesn't my insurance cover this?
 - Insurance can be a pain and they don't always cover those expensive medications and bills. Ask your doctor why the insurance doesn't cover it and see if there is a cheaper option or something the insurance is willing to cover.

9. How often should I be coming in to see you?
 - It can be hard to keep up with your doctor's visits. By asking your doctor how many times you should see them it can help put you on a schedule and help reduce the stress.

10. DO I need to make any general improvements to my health?
 - The lifestyle choices you make is one of the biggest determinants for your risk of getting an illness or disease. Most doctors will not address lifestyle choices unless you address it. Make sure you ask your doctor in order to ensure your health.



You are here and you are committing to progress.

Assess - Evaluate current habits and think about how you would like things to be different.

Purpose - Find your why and your reason for wanting to make a healthy change.

Prioritize - What do you need to do to make this a priority in your life?

Mindset - Determine how you will choose to think about your change efforts.

Game Plan - Determine what is required and what strategies would yield the great return/reward. Set a specific, measurable, attainable, realistic, and time-oriented goal to reach for.

Action - Put the game plan into motion and implement strategies you came up with to help you achieve your goal.

Reflect - Think back on what you accomplished and what you learned from the experience.

Improve - Continue to progress and consider using this strategy to improve in another area of your life.

Lead - Lead by example and serve others. You are able to demonstrate to others what is possible and have a positive influence on them.

