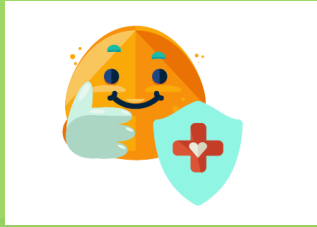




### PERSON Led

vs. Patient-Centered

Write list of concerns, indicate you have questions, and **START** with what concerns you the most!



### YOUR thoughts

**DESCRIBE** what you think may be going on, if this is new, or if this has happened before. How was the problem managed?



### Get familiar with LABS

Ask about most recent lab tests, ask for copy to explore later, and ask what the results mean **NOW**.

# Everything You Need To Know

## About Engaging in YOUR Health Care



### Think RISK

Ask Provider **OPEN ENDED** questions, not Yes or No.  
Examples: Tell me your thoughts about [doulas]? What risks are associated with [an epidural or, C-Section]?



### If you are in PAIN!

**DESCRIBE:** When pain started, Where located, How long, What is it like, What makes it worse, and What makes it better!



### AGREE DISAGREE

How are decisions made? What do YOU want? Role play before visit if you have controversial questions. It's hard to be equal with few clothes on. *You can always change care providers!*