

# Let's P.L.A.N. for better care

## Four steps for your next health care visit

Planning for your next health care visit and asking questions will help you understand more about your health and treatment for an illness or injury.

Your doctor, nurse and others included in your health care want you to ask questions to help you make decisions together.

### Let's P.L.A.N. for better care

#### Prepare for your visit

- Write down your main concerns or questions
- Make a list of your medicines and supplements
- Did you know you can take a support person with you and ask for a translator?

#### Listen and share

- Say if you don't understand and if a drawing could help
- Say if you're having problems with your medicines or treatment, or can't afford them
- Is there anything else you can tell your doctor or nurse about your health?

#### Ask questions

- What is my health problem?
- What happens next?
- Why is that important?
- Are there any other options?
- What can I do to help with my health?

#### Note down what you need to do next

When you collect your medicine from a pharmacy, you may want to ask these questions:

- What is the medicine for?
- What is its name?
- How and when do I take it?
- How long do I need to take it for?
- What could happen if I stop taking it?
- What are the side effects? What should I do if I get these?





What can we do to improve PLAN?  
Tell us what you think.  
Go to Facebook: *Letsplanforbettercare*



### My questions


### My medicines and supplements


### What I need to do next and how my family/whānau can help
