# Better health starts with *better questions*

## 5 questions to ask during your visit

If you're feeling hesitant about asking questions, you're not alone. It's normal to wonder if your provider has the time or if you are asking the right questions. Remember, your provider is there for you and wants to listen to your needs. Don't hesitate to ask your questions. Your health is worth it.

moda HEALTH

Health Plans provided by Moda Health Plan, Inc.
3586 (07/26)

### *Every* patient deserves...

- The time to ask questions about your health
- Answers that you can understand, without lots of medical terms
- A written description of what was discussed during your visit

**What's the main issue with my health?**

**What steps should I take next?**

**What condition(s) am I being treated for?**

**What medications do I need to take?**

**How will the medication help me?**

**Take notes:** Use this space to add your own questions. Have it out and ready during your appointment and write down what your provider tells you.