

# 5 Ways to Advocate for Yourself During Doctor Visits



**Be open and honest with your health care provider.** Sharing information about how your body is or isn't working helps your provider learn more about your health.



**Write it all down!** Tracking your symptoms and writing down your top concerns will help you prioritize what's most important to you.

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**Bring a supportive person with you.**



**Know your rights as a patient.** You have the right to understand your treatment options, the right to receive respectful care, and the right to get a second opinion.

**Use patient advocates for navigating health care appointments.**

