



- ✓ **SPEAK UP** if you have questions or concerns. If you still do not understand, ask again. It's your body, and you have a right to know.
- ✓ **PAY ATTENTION** to the care you receive. Don't assume anything.
- ✓ **EDUCATE YOURSELF** about your illness. Learn about your medical tests and your treatment plan.
- ✓ ASK A TRUSTED FAMILY MEMBER or friend to be your advocate (advisor or supporter).
- ✓ KNOW WHAT MEDICINES you take and why you take them. Medicine errors are the most common healthcare mistakes.
- ✓ USE a hospital that has been carefully checked out by the Joint Commission, which makes sure hospitals are meeting quality standards.
- ✓ PARTICIPATE in all decisions about your treatment. You are the center of the healthcare team.