Health Matters

HEALTH PASSPORT

This passport has sample questions to help you when talking about your health, understanding medicine and getting medical tests. This passport will help you to take charge of your health.

Visit Date: _____

Doctor or Health Care Provider: _____

I am here today because: _____

I brought my health advocate: _____

Their relationship to me is: _____

ABC LifeLiteracyCanada

Get medical tests

What will the test tell us?

Is this test the only way to find out that information?

How will the test be done? How can I get ready for the test?

When will I know the results?

What are the next step after we know the results?

Talk about a health problem

Can you tell me what is wrong?

Do I need to have any other tests?

What are my treatment options?

Will there be any side effects?

Get or change a medicine

What is the name of the medicine?

Can you please spell it?

What is the medicine used for?

How should I take the medicine and for how long?

Are there side effects? Is it okay to keep taking my other medicines or vitamins?

Is there any written information you can give me?

Visit ABCHealthMatters.ca for more helpful resources.