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.
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.