



Tips for Speaking Up During Your Visit

If You Need Help - Consider Finding a Patient Advocate

A patient advocate can help you:

- Talk to your medical team
- Make appointments
- Help with your insurance company

Where to Find a Patient Advocate

- **Your Hospital**
 - Ask hospital staff
 - Search online for your hospital name and “patient advocate”
- **Nonprofits**
 - Ask your medical team or search online for nonprofits for your health problem
 - Reach out to the Patient Advocate Foundation - www.patientadvocate.org



If You Don't Understand

You could say:

- "I don't understand. Can you explain that in simpler terms?"
- "Can you show me a picture or model to help me understand?"
- "Could you repeat that? I want to make sure I got it right."



If You Feel Rushed

You could say:

- "I'm feeling rushed. Can we slow down?"
- "How much time do we have for this appointment?"
- "I have a few more questions. Can we schedule a follow-up?"



If You Want to Know About Other Options

You could say:

- "Are there other treatment options we can discuss?"
- "What would happen if I don't do this treatment?"
- "Can you tell me about the pros and cons of each option?"



If You're Worried About Cost

You could say:

- "I'm worried about the cost. Are there cheaper options?"
- "Does my insurance cover this?"
- "Can you help me understand the total cost of this treatment?"



If You Need More Time to Decide

You could say:

- "I'd like some time to think about this. When do I need to decide by?"
- "Can I call you if I have more questions later?"
- "Is there a patient guide or website where I can learn more?"



If You Feel Uncomfortable

You could say:

- "I'm not comfortable with this. Can we discuss alternatives?"
- "Is there another way to do this that might work better for me?"
- "Can you explain why this is necessary?"