

## Consumer Guide 1: Start a Simple Conversation to Stay Well

### 5 Things to Talk About with Your Care Providers

Choose one or more topics and sample questions that are right for you to make a plan for the best possible care.

**INFORMATION****1. I'd like to understand more about my health condition and treatments.**

- Here's what I know about my health. Here's what I'd like to know from you today.
- What's ahead for me? What information would help me to plan for future care?

**MY GOALS****2. Let's talk about my goals and explore the care I want and do not want.**

- Here's how I feel. Here's how I'd like to feel and what I'd like to be able to do (my goals).
- Here's what is important to me - my values, family traditions, care choices and preferences.
- Here's what worries or concerns me.
- These things make it harder to stay well – (travel to appointments; problems with medicines, food, housing; feeling stressed; getting care close to home or at home; being alone).

**MY PLAN****3. Let's talk about my care plan and completing my planning documents.**

- What are my treatment options to stay well and get me to my goals?
- Let's set some do-able goals in my care plan: here's what I'm able to do.
- Knowing my goals and care preferences, what kind of treatments do you recommend?
- I'd like to complete my planning documents. \* Choose one or both-
  - Health Care Proxy: I want to choose a Health Care Agent; can you help?
  - Personal Directive: Write down what's important to me and my instructions for care.

**KNOW MY CHOICES**  
Update My Plan**4. I'd like to update my plan to be sure you know my care choices.**

- Let's review my current health condition; here are my priorities for care.
- I'd like to update or add a planning document. Can you help?
- Is my Health Care Proxy in my medical record; do your notes reflect my care choices?

**HONOR MY CHOICES****5. I'd like to make sure my care providers can honor my choices.**

- In an emergency or if I can't speak with you, how can we be sure my plan is followed?
- I'd like to bring in my family/Health Care Agent to talk about my plan and honoring my choices.
- I'd like to talk more - can we schedule our next conversation?

Write-in your own questions below to bring to your next appointment.

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\*Multilingual Health Care Proxy and Personal Directive are available on the [Honoring Choices website](#).

See the **Consumer Conversation Guides Series** on our website. Guide 1 helps you start a simple conversation. Guides 2- 4 helps you manage health and chronic illness and live well with serious illness.