

Getting the **MOST** from your
HEALTHCARE
APPOINTMENT®



Health care appointments can be stressful for anyone. Research shows that people forget 50% of the information shared during an appointment. In addition to not feeling well, things like stress; too much information provided too quickly and unfamiliar medical language make appointments challenging. The evidence is clear, people who take an active role in their health care are more satisfied, get appropriate treatment and have a better quality of life. Communicating well with health care providers is one of the most important parts of getting good care. However, it takes time and effort by both the patient and the health care provider.

Workshop Description

The “Getting the most from your healthcare appointment” workshop is a 1 - 1.5 hour, interactive session that focuses on what to do before, during and after an appointment and uses action planning to improve people’s health. A variety of learning resources are used including information sharing, videos, tools and handouts that support individuals to be confident during appointments. This workshop prepares and empowers individuals to communicate well with their health care provider. Ultimately, patients are the most important members of their healthcare team.

Contact Information