

WHAT MATTERS TO YOU?

How would you answer if your health care provider asked you this question?

Taking part is easy, all you have to do is share what matters to you! Participating in a “What Matters to You?” conversation can take some thought and courage, but it’s a simple process. Just follow three steps:

1) PREPARING FOR THE QUESTION

Think about what matters most to you. What would you like your health care provider to know about you? What do you need in order to feel comfortable and safe in your care journey? What is important to you in your care?

“It opens up amazing doors and lets people know that someone cares and that my voice can and will be heard.” - Patient

2) SHARING WHAT MATTERS

Sometimes it can be hard to share what matters to you - emotions, fear and lack of time with your care provider might hold you back. Feeling comfortable and ready to share can take time.

Think about what you’d like to say or ask, and write down notes. One way to start is by setting a goal for each interaction or appointment, such as sharing your greatest joy in life or something that is preventing you from following your care plan. You can also share goals, hopes and stories.

3) WORKING TOGETHER

Discussing your treatment options and the outcomes you value is key to creating a strong partnership with your provider. Having ongoing conversations with your care provider can help make sure that the care you receive aligns with your preferences.

To become more involved in your care, here are some questions you can ask your care provider:

- *How can I keep my quality of life?*
- *Do I really need this test or procedure?*
- *What are the risks?*
- *Are there simpler, safer options?*
- *What happens if I don’t follow these suggested courses of action?*
- *Can you provide me with more information so I can make an educated choice?*

