

# Feel more Health Savvy



Dr. Andy shows us how to be more health savvy

Here's 3 easy steps to get more from your medical appointments



## STEP 1

**Headed to an appointment?**  
Take these 3 questions with you.

- 1 How will this treatment improve my quality of life?
- 2 What are the chances this will work for me?
- 3 Are there newer or more effective treatments available?



Bring a friend or family member for extra support and perspective



## STEP 2

**Overwhelmed?**  
Try these analogies to help things click:



**Your health plan =  
A roadmap**

Like a roadmap, it shows you where you are, where you're headed, and how to get there — helping you feel more confident along the way



**Questions =  
Shopping list**

Bringing questions to your appointment is like a shopping list — it helps you remember what you need and leave with the essentials.



**Medical record =  
Puzzle pieces**

Each test, symptom or chat is a puzzle piece — together, they help reveal the full picture of your health.



**Research = Your  
reading glasses**

Reliable, evidence-based research act like reading glasses — it brings blurry information into focus and helps you see your options more clearly.

### Pro tip:

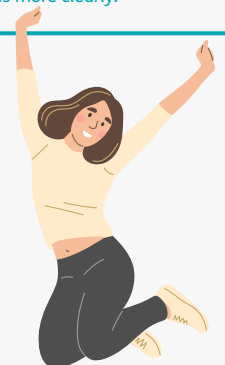
Analogies like these help make health info easier to understand by linking it to everyday things you already know.



## Advice from a psychologist

"Experiencing a health issue can feel tough, but don't forget that you still have more control than it might seem. Taking care of your health doesn't mean fixing everything overnight, it's about showing up for yourself in small ways each day, asking questions, challenging others, listening to your body, practicing self-care and doing what you can. You're stronger than you think!"

Marny Lishman,  
Health & Community Psychologist



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