

# What Matters To You?



## Getting Ready for Your Appointment

- Your thoughts and ideas are important in shaping your care experience.
- Take a moment to reflect on what truly matters to you about your health.
- Flip over this card to write down what matters most for your appointment.

## Steps to get ready for your appointment:

### ▶ **Think about the question “What Matters to You?”**

- What does this mean to you? Write some ideas below.
  - Do you have a specific symptom or a goal in mind? For example, if managing pain is important, say, "Pain management is my top priority."
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### ▶ **Practice saying “What Matters to You?”**

- For example, “Before my appointment begins, I would like to share what’s important to me in my care.”

### ▶ **Ask questions if you are unsure about something. For example:**

- “Do you have more information about \_\_\_\_\_?”
- “When should I schedule follow-up appointments?”