



## Summary 3. Know Your Health Plan

A health plan is sometimes called a treatment plan. Your healthcare provider (e.g. doctor, nurse practitioner) may suggest a health plan for you. The plan may be written down in your medical record.

### Steps in making the health plan may include:

- An assessment that includes a health history
- The name of the health problem
- Visits with other providers for medical tests or specific advice (e.g. medications, surgeries, consults, other treatment choices)
- Next steps - once test results are back and a diagnosis is given
- Meeting to talk about the health problem (diagnosis)
- Second opinions, if the doctor or patient and family request
- Healthcare recommended and the goals of the treatments
- Benefits and risks of any future treatments
- Follow up - review of the health plan and notes on progress

**You are a member of your healthcare team.**

**You need to be actively involved in any decisions about your health plan.**

### Your role in your health plan:

- Discuss your health needs and what you expect from your healthcare team.
- Ask questions and talk about your concerns.
- Ask your patient advocate to assist, if you need support.
- Ask questions if the facts are not clear.
- Take notes as your doctor talks.
- Write down all the information (e.g. providers' names, contact information, and what was discussed).
- Repeat back what you think you heard.
- Learn the facts about your health problem and any treatments recommended.
- Ask your doctor for a list of resources and useful websites.

*Learn...to be SAFE.* Go to Manitoba Institute for Patient Safety websites [www.safetoask.ca](http://www.safetoask.ca) and [www.mbips.ca](http://www.mbips.ca).