



10 Ways You Can Advocate for Yourself:

1. Do your own research in order to understand your condition.
2. Understand how your health insurance works and review your medical bills.
3. Be assertive and empowered to take your healthcare in your own hands.
4. Plan for conversations with your healthcare professionals.
5. Ask questions.
6. Keep track of and maintain your medical records.
7. Express healthy skepticism about your diagnosis, as diagnostic errors are common. Get a second opinion if you feel it is necessary.
8. Stay current on recommended treatments, evaluations, and screenings.
9. Reach out for test results if you don't hear back in a timely manner, and keep copies of these results for your records. This is very helpful if a second opinion is needed.
10. Follow instructions for prescriptions and home care.