

# IT'S NOT A GOOD IDEA TO TELL YOUR HEALTH CARE PROVIDER THAT YOU UNDERSTAND WHEN YOU DON'T.

Use the teach back method instead. It's a simple, quick and real way to make sure you leave feeling confident and comfortable with the information they have shared.



## Here's how it works:

### *Ask your health care provider:*

“ Let me see if I understand this correctly... ”

OR

“ Let me show you how I am going to use my puffer when I get home to make sure I am doing it right. ”

OR

“ We discussed a lot today. Can you review the most important things I need to remember? ”

If you missed some information or a step, ask them to repeat or show you again. Write it down and then try again.

**Don't leave until you are able to teach back confidently. Remember...this is your Health.**