# 4 ways to be a

partner in your care:

1. Bring a list of questions. Even if your provider doesn’t ask you about a topic, it’s ok to ask your questions!
2. Ask if you do not understand. You can ask us to explain again or in a different way.
3. Take notes. You can write on paper or in your phone to remember important information.
4. Learn how to use MyChart. Ask us how or download on your phone. Use it to keep track of appointments, vaccinations, medicines, and more. Use it to communicate with your health team.