

TIPS for speaking with your healthcare provider:

1. Ask if there is an **Indigenous patient navigator** at the hospital or clinic you are visiting.
2. **Ask questions.** For example, if your healthcare provider suggests a medical test or a treatment, ask:
 - Can you explain what this is or what this does?
 - Why do you recommend this for me?
 - Are there any risks or problems people experience with this?
 - Where and how can I access this?
 - Is there anything else I need to know before I do/start/try this?
3. Ask **where you can find more information** about your condition or about the test or treatment they suggest. They should tell you who you can talk to. They should also suggest brochures or books you can read, or websites with more information.
4. **Bring someone you trust** to your healthcare appointment to support you and advocate for you.

