3 **questions** to ask your healthcare professional to better understand your treatment and care options. Complete this form at your appointment.

Ask...

1. **What are my options? (including wait watch)**

2. **What are the possible benefits and harms of those options?**

3. **How likely are each of those benefits and harms to happen to me?**

Share...

What did I tell the health professional?
(E.g. lifestyle; preferences; personal & family medical history)

Know...

What do I do now?
(At the end of the consultation make a note of what you have decided to do)