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## How to Talk with Your Healthcare Providers

Building a good relationship with your healthcare provider(s) is the best way to ensure you get the care you need and the care you want. Clear and honest communication can help you make informed choices about your future healthcare.

Here are some helpful tips to help you get started:

### What to do:

1. Bring a family member or close friend with you. Having another person with you can be helpful in remembering what was discussed.
2. Come prepared. Write down a list of questions/concerns. You want to make the most of the short time that you have. We have included a list below to help you get started.
3. Be open and honest. Don't be embarrassed or reluctant to discuss your medical decisions with your doctor. It will only make your doctor's job a lot harder.
4. Take notes. Write down what your doctor tells you.
5. Begin the conversation. Tell your doctor you are completing your living will and you want to talk about it.

### What to ask:

1. I am working on my living will and I would like to discuss my preferences for treatments. Will you help me understand what outcomes I can expect?
2. What are the benefits and burdens of the treatments I have chosen?
3. Will you honor my choices? Do you have any recommendations?
4. Are there any alternative treatments or options you can share with me?
5. What happens if I am in a lot of pain or discomfort?
6. Can we talk about my wishes for hospice care?