

## Tips to help you use check-back at your next health appointment

At my next health appointment, this is how I can check that I understood what my health worker has said:

1. Listen closely to what they are saying.
2. In my own words, repeat what they said back to them. I could begin by saying:  
"I just want to check that I have understood correctly....."

OR \_\_\_\_\_

OR \_\_\_\_\_

3. Let the health worker explain anything I may have missed. If they use words I don't know, I can ask them to use plain language.
4. If I'm still not sure, I can check again.
5. If I would like more help I can:
  - take a support person with me
  - ask for an interpreter
  - make a list of questions
  - get them to write a summary of the important points below
  - ask if it is ok to record our conversation on my phone

The health worker can write the important points here

