

# About me

## Your health care is about you



**Health care** is when you go to the hospital or see a **healthcare provider**.

A **healthcare provider** is your doctor, nurse, or therapist.



You have a right to have **reasonable adjustments** when you see a **healthcare provider**.

A **reasonable adjustment** is when the **healthcare provider** supports you to access **health care**.

## You can ask for reasonable adjustments



### Some questions are:

1. How will you make sure I understand what you are telling me about my **health care**?
2. How will you make sure I am included in plans about me?
3. How will you support me to make decisions about my health?
4. How will you make sure other **healthcare providers** know about my needs?



**Scan here** for information about your healthcare rights.