



### Alternatives

For example: Are there other options?

### Who can I contact if I have more questions or change my mind after my appointment?



### Do nothing

For example: What will happen if I continue to manage my condition as I do currently?

### What happens next?

For example: What do I need to do and what can I expect from my healthcare team? Are there support groups?



# Preparing for your appointment

How to make the most of your appointment with a healthcare professional



What's important to you is important to your healthcare.



To find more information about personalised care, please visit [www.birminghamsoalihull.icb.nhs.uk/personalised-care](http://www.birminghamsoalihull.icb.nhs.uk/personalised-care)

