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# Being a partner in my care

Library staff can  
show you how to  
use the online  
resource

## What's inside?

This resource enables you to work with your healthcare team to agree the best care for you and ways to keep well.

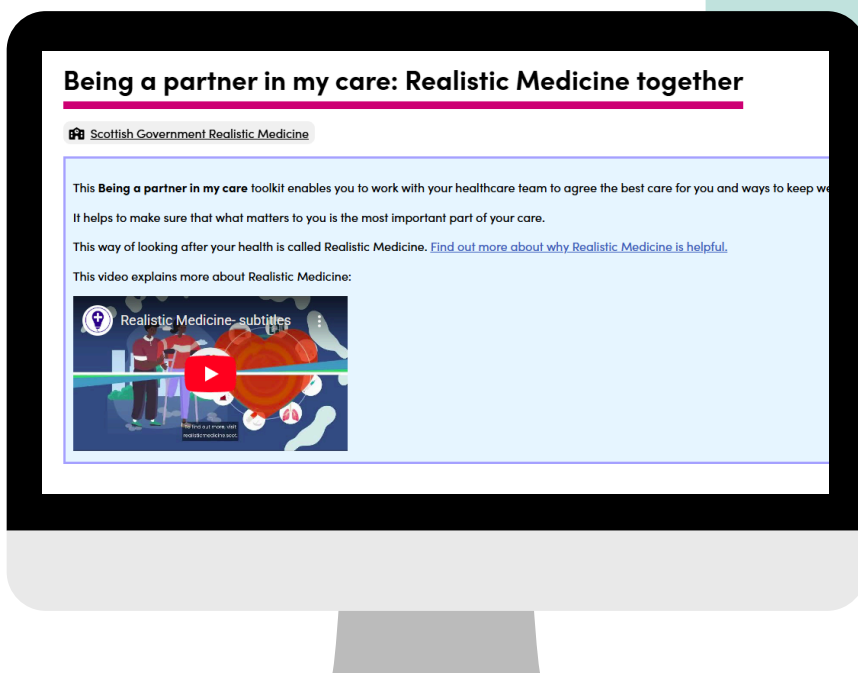
**How will Realistic Medicine help me?** Find out why working together with your healthcare team is good for your health.

## All about me

A place to talk about what you need and what you like.

## Questions to help you make good choices

Good questions to help you make the right choices about your health.



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