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Being a partner in my care

For more details,
ask at the library
counter

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.

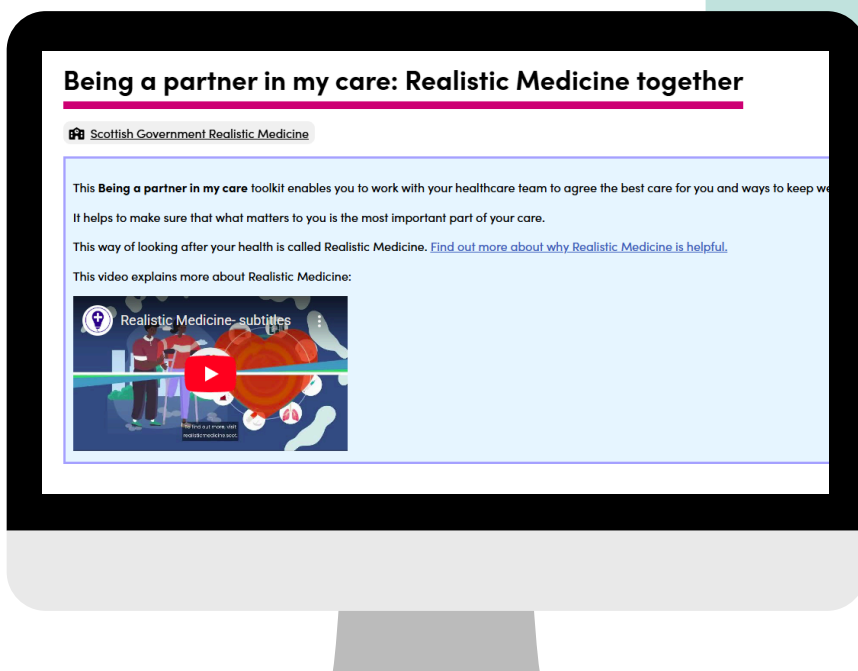
How will Realistic Medicine help me? Find out why working together with your healthcare team is good for your health.

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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