

# EIGHT TOP TIPS

## TO HELP YOU STAND YOUR GROUND IN THE DOCTOR'S OFFICE

Created by Stephanie Haack, Pep Me Up

I asked my lovely diabuddies for tips to help address the power imbalance and compiled them here with a few of my own experiences:



### IT'S LEGITIMATE TO GO INTO AN APPOINTMENT WITH CONFIDENCE AND THE EXPECTATION TO BE TREATED LIKE AN EQUAL

This is not an unrealistic request! You deserve to be given respect and benevolence.



### COME PREPARED

It's great to take some notes prior to the appointment. Are there any issues you want to talk about or need support with? Do you have specific questions or requests? What prescriptions do you need? Feel free to take these notes with you and read from them.



### BE HONEST AND COMMUNICATE CLEARLY HOW YOU FEEL

You have a right to give constructive feedback.



### IF YOU'RE NOT COMFORTABLE WITH YOUR HCP OR WITH THE CARE THEY PROVIDE YOU, YOU CAN CHOOSE TO SEE SOMEBODY ELSE

Sometimes it's worth taking a longer trip or getting creative in order to receive better care. If that is not an option, you can still demand more from your current HCP.



### REMEMBER YOU CAN TAKE SOMEONE WITH YOU

It might feel great to have somebody in the room who has your back.



### YOU CAN SAY NO

If you don't feel comfortable with an examination or a choice of treatment, you can say no. This is your right.



### YOU CAN QUESTION THE ADVICE AND CHALLENGE IT

("What is the medical reason for this suggestion?", "Would you give this advice to ... e.g. an average sized / weight person?")



### YOU CAN ASK FOR MORE INFORMATION

(e.g. papers, articles) on issues you've talked about if you still have questions or want to learn more.

#### Thank you to everyone who contributed their recommendations.

Stephanie Haack is a diabetes advocate, blogger and entrepreneur from Germany. She has been living with type 1 diabetes for more than 10 years and loves connecting with other people with diabetes through social media. She lives in Berlin, but she loves to travel across the globe and diabetes doesn't prevent her from enjoying her adventures. Stephanie works for #dedoc°, an international network of diabetes advocates. She has founded her own diabetes blog and shop ([www.pepmeup.org](http://www.pepmeup.org)), and is a passionate advocate for people with all types of diabetes.

*The content for this leaflet has been provided by Stephanie Haack. Ascensia has paid Stephanie an honorarium for her services as the author of this leaflet.*