

MY HEALTH RESEARCH

Most people use the internet for health research. But sometimes we forget to talk with a doctor about what we find. Even if we don't think it's important, it's helpful to get an expert's opinion on what we read. That way we have someone steering us in the right direction and answering our questions.



This worksheet will help you collect your thoughts before meeting with a doctor and sharing what you found online.

I want to make sure we talk about...

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I'm interested in this because...

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The website(s) I found it on was called...

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Your opinion as a health worker is...

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Together we decided...

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