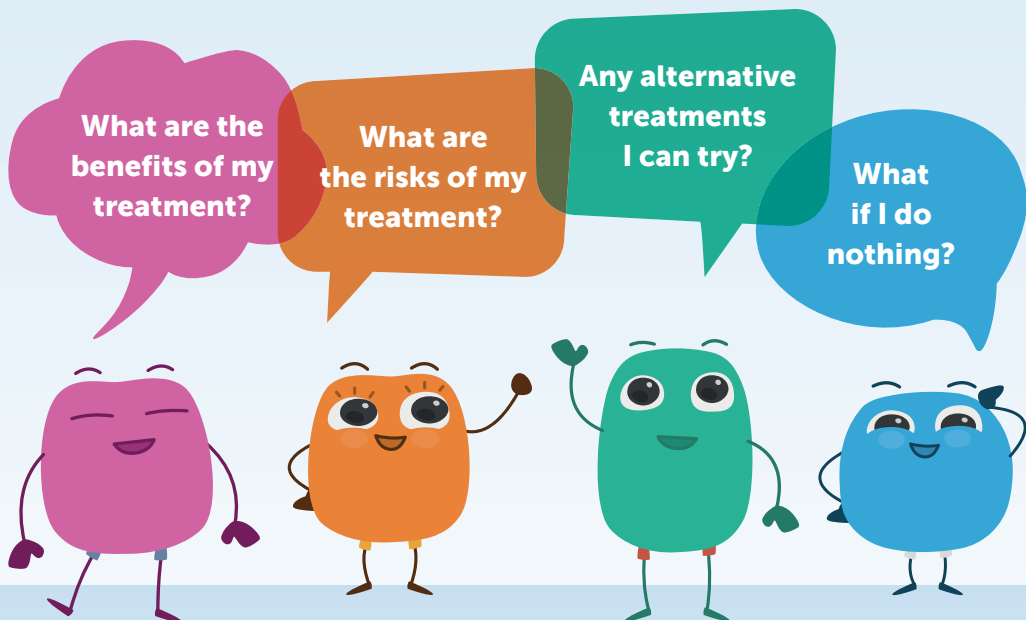


# It's OK to Ask

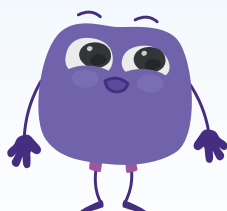
When you understand what's going on with your health, you can make better decisions around your care and treatment. That's why it's important to ask your healthcare team the right questions.



To find out more visit,  
**[nhsinform.scot/its-OK-to-ask](https://nhsinform.scot/its-OK-to-ask)**

Start feeling more informed about your health today and remember, it's OK to ask.

You can use this space to write down your own notes.

[illegible]

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