

Three Ways to Take Charge of Your Health



Have you ever come away from a visit to your doctor feeling confused by or unsure of what you heard? Or you thought you had understood instructions but later realized that you hadn't? Understanding and using health information can be difficult. **That's where A.R.T. can make a difference.**

What Is A.R.T.?

A.R.T. is a simple way to help you remember three science-based actions you can do to take charge of your health and improve your overall well-being.



"A" stands for ask

Ask questions so you can better understand and use the information. Asking questions is key to good communication with your doctor. If you don't ask questions, they may assume you already know the answer or that you don't need more information. The best time to ask questions is all the time.



"R" stands for repeat

Explain the information back to your doctor or healthcare team in your own words to make sure you understand instructions.



"T" stands for talk

Express yourself and share information that will help your healthcare team guide your care. Be specific and tell your doctor how you are doing.

This can help you work better with your healthcare team, make sure your needs are met, help you remember information, and give you more control over your health.

The Different Styles of Communication

Communication can be challenging—sometimes we talk, but others don't understand what we're saying or asking. There are different kinds of communication styles and being familiar with them can help make your conversations more productive. Here are some styles of communicating:



Passive

Passive people are often afraid to speak up, speak softly, give in to others, and usually fail to express their feelings or needs.

- A passive communication style might sound like “It really doesn't matter that much” or “Okay, that's fine”

Aggressive

Aggressive people might disrespect the other person and deny them the chance to express their opinions.

- An aggressive communication style might sound like “I'm right, and you're wrong”

Assertive

Assertive people express their wishes, questions, and needs in a clear and direct way so that other people—like your doctor—are able to understand what it is they want and need.

Assertive communication involves eye contact that demonstrates interest, a speaking voice at a level tone, and knowing how, when, where, and what you choose to say.

It's okay for you to ask questions and tell your healthcare team what you want. For example, if you want your doctor or nurse to speak slower, clearer, louder, or to use plain language.

“I” statements offer a way for you to let your healthcare team know if you feel rushed, confused, or threatened. It is important for the healthcare team to know how you're feeling. “I” statements are part of being confident in our communication. They don't assign blame.

You can use the formula of “I feel ____ when ____ because ____” as a way of expressing how you feel, speaking up when you feel that way, and why you feel that way.

**The Horizon By Your Side team has resources to help you every step of the way.
Visit HorizonByYourSide.com to learn more.**

If you have already been prescribed a Horizon Therapeutics medication and want more information on A.R.T. and effective ways to communicate with your healthcare team, contact your Patient Access Liaison or Clinical Nurse Educator at 1-844-4MY-HBYS (1-844-469-4297).