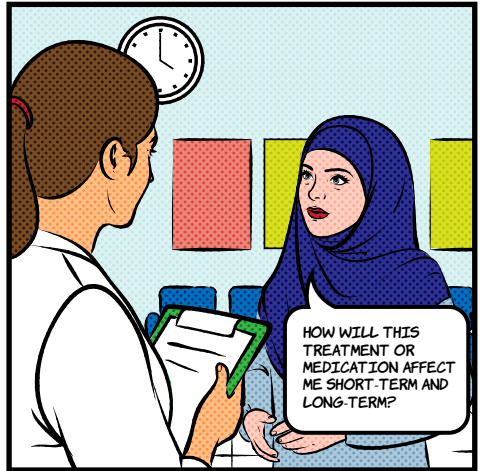
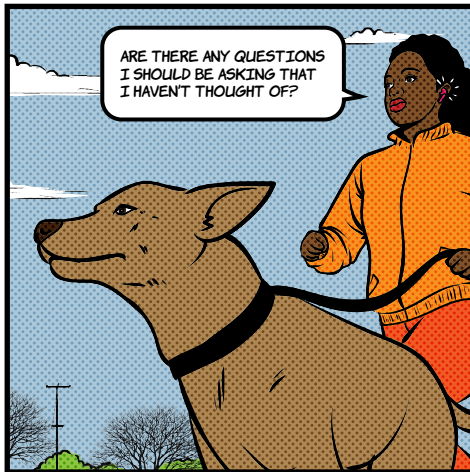
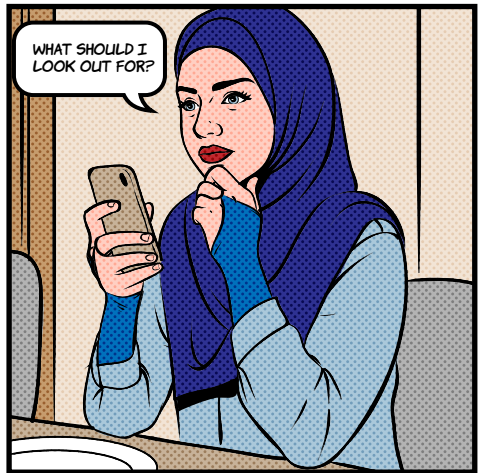


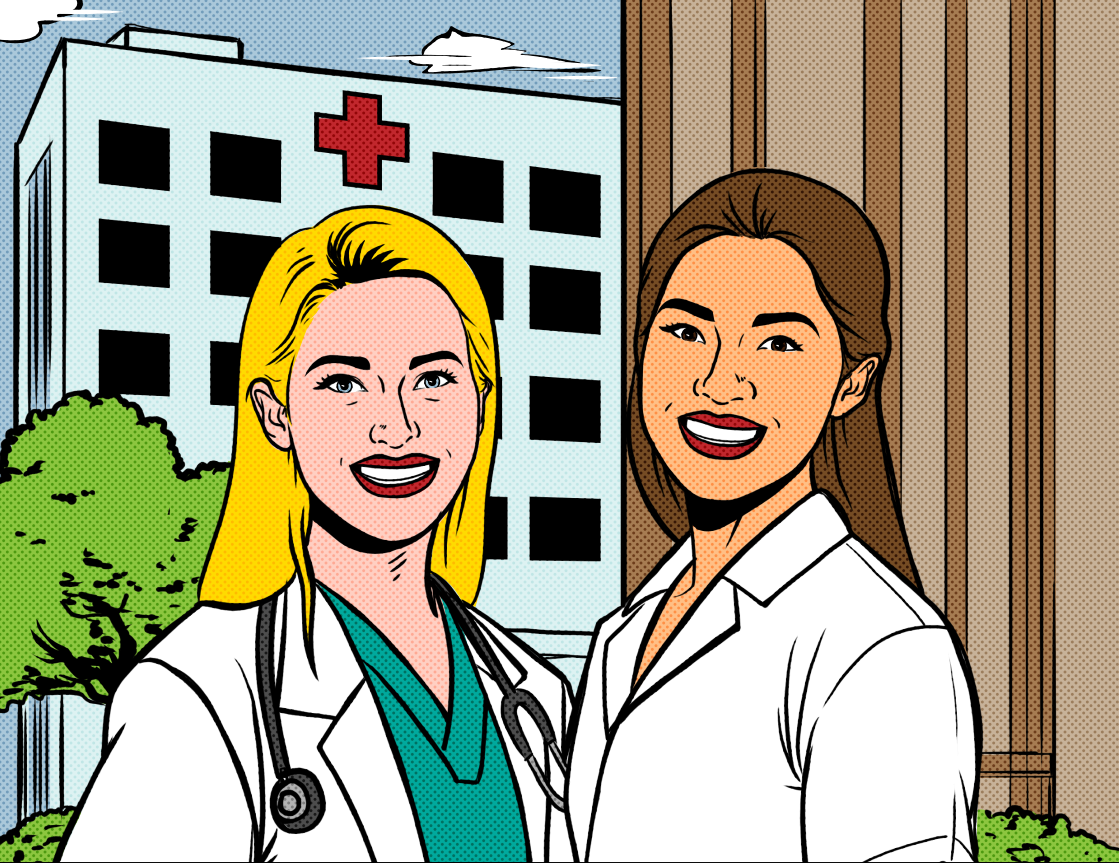
# BE CONFIDENT AT HEALTH APPOINTMENTS

## A Simple Guide for Women





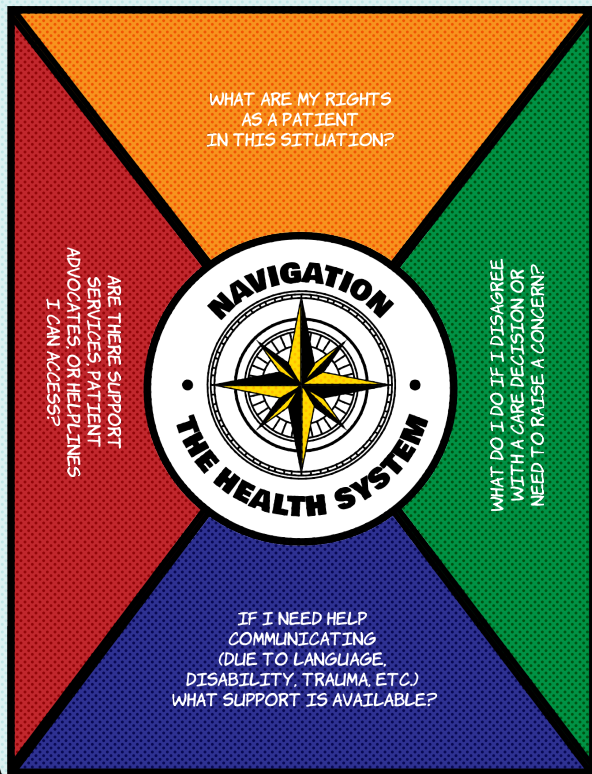
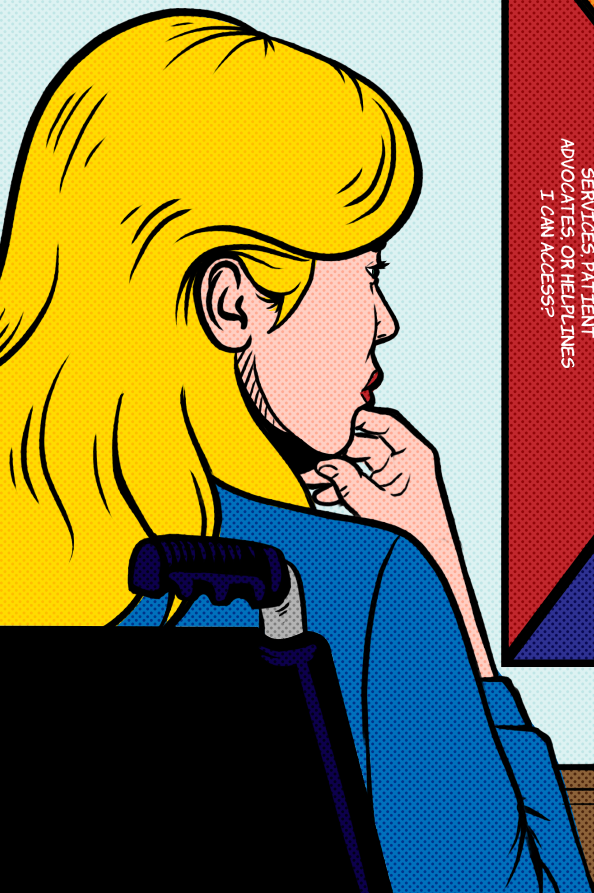




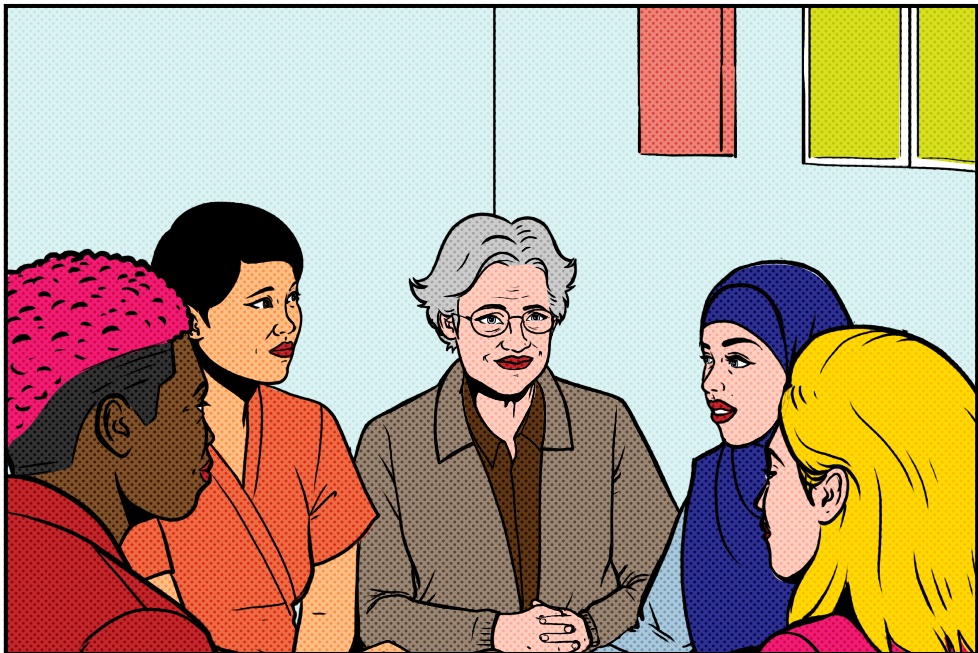
### Possible Questions to Consider

---

- I don't feel like I'm being heard, can we revisit my concerns?
- I know something isn't right with my body; can we investigate this further?
  - Can we explore a second opinion or another specialist?
- How can I best advocate for myself during appointments?









I am the expert of my own body.

I deserve to be heard, respected, and understood.

I can ask questions, seek clarity, and take my time to decide.

My health is important, and I have the right to advocate for myself.

I trust myself to know when something isn't right.

I am not alone, support is available, and I can reach for it.

My voice matters in every health conversation.



mayahslegacy

mayah

Website:

[www.mayahslegacy.com](http://www.mayahslegacy.com)

Email:

[Info@mayahslegacy.com](mailto:Info@mayahslegacy.com)