

How would you answer if your care provider asked

“What Matters to You?”



What is “What Matters to You?”

“What Matters to You?” (WMTY) is an international movement that encourages meaningful conversations between health care providers, patients, caregivers and families. The goal of asking this simple yet powerful question is to move away from “what’s the matter,” and toward understanding what really matters most to patients and their caregivers.

As a patient, talking with your providers about your wishes, needs and experiences can greatly improve your care. It builds trust and helps your health care team focus on what matters most to you.



“It gives me the opportunity to share with my provider what matters to me – my health, health care, making every day a gift and telling them my medical history. It opens up amazing doors and lets people know that someone cares and that their voice can and will be heard.”
– Patient

Use this resource to learn tips to help share what matters to you – whether your care provider asks you or if you want to start the conversation.

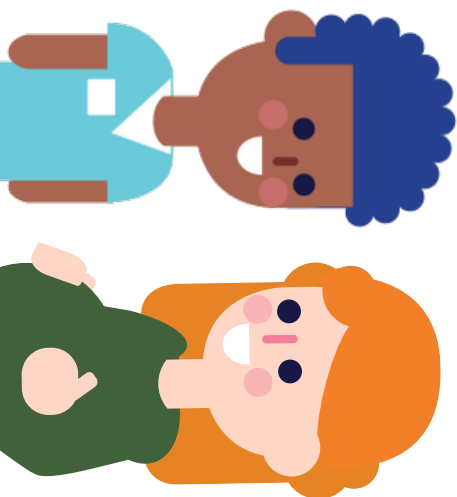


How to Participate in a “What Matters to You?” Conversation

Taking part is simple—just share what matters to you! It might take a little thought, but it’s easy. Just follow three steps:

1. Prepare for the Question

Think about what matters most to you. What would you like your health care provider to know about you? What do you need in order to feel comfortable and safe in your care journey? What is important to you in your care?



2. Share What Matters

Sometimes it can be hard to share what matters to you — emotions, fear and lack of time with your care provider might hold you back.

Before your appointment, think about what you’d like to say or ask, and write down notes that you can take with you. One way to start is by setting a goal for each appointment, such as sharing your greatest joy in life or something that is preventing you from following your care plan. You can also share goals, hopes and stories.

3. Partner for Action

Discussing your treatment options and the outcomes you value is key to creating a strong partnership with your care provider. Having ongoing conversations with your provider can help make sure that the care you receive aligns with your preferences.

To become more involved in your care, here are some questions you can ask your care provider:

- How can I keep my quality of life?
- Do I really need this test or procedure?
- What are the risks?
- Are there simpler, safer options?
- What happens if I don’t follow these suggested courses of action?
- Can you provide me with more information so I can make an educated choice?

Each year, International “What Matters to You?” Day is celebrated in June. While a single day of action is important, we encourage you to have “What Matters to You?” conversations each and every day with your families and care providers.

