

## HELPING YOU MAKE HEALTH DECISIONS

### INTRODUCING A GUIDE TO HELP YOU MAKE A HEALTH DECISION

We understand making health decisions can be tough. To help out, we are giving you access to the Ottawa Decision Guides. The guides step-by-step process helps you make health-related choices based on what's best for you.

#### Personal Decision Guide

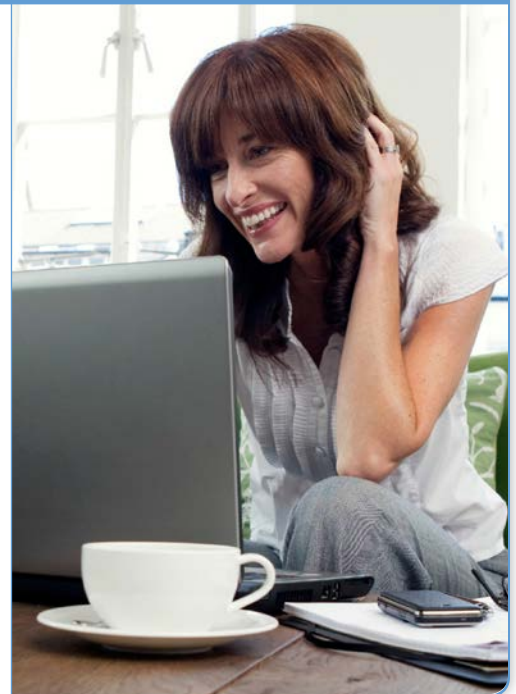


Use this guide to help organize your options and make health-related decisions.

#### Family Decision Guide



Get assistance when making health-related family decisions by understanding and involving others.



### HOW THESE GUIDES HELP YOU

Support tools are especially helpful for people facing newly diagnosed conditions, chronic diseases and families facing end-of-life decisions.

You can use **decision support for everyday questions or more serious ones:**



**What treatment will help my neck pain?**



**Should I get shots for my allergies?**



**Should I have back surgery for my chronic back pain?**



**Should I take antibiotics for bronchitis?**



**Does my child have depression?**



**What should I do if I'm at high risk for cancer?**

### EASY TO FOLLOW STEPS

The Ottawa Personal and Family Decision Guides help you through these six steps:

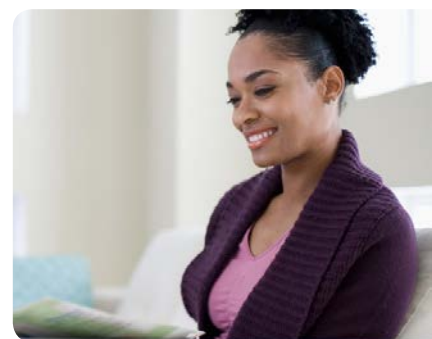
- 1 Clarify the decision you need to make, why you need to make it and if you're leaning toward an option.
- 2 List possible options and explore the benefits and risks of each
- 3 Rate each benefit and risk based on how much it matters to you
- 4 Recognize outside influences
- 5 Identify if you need anything more to make a confident decision
- 6 Plan your next steps based on the previously determined needs

## FURTHER GUIDANCE: THE A TO Z INVENTORY OF DECISION AIDS

Browse an assortment of guides created for specific health topics, such as:

- Allergies
- Blood Pressure
- Depression
- Elbow Injuries
- Arthritis
- Childbirth
- Diabetes
- Headaches
- Back Pain
- Cholesterol
- Ear Infections
- And More...

For the full list go to [www.chirocare.com/pages/gettingTreatment/decisionSupport](http://www.chirocare.com/pages/gettingTreatment/decisionSupport)



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**GET** *started* **TODAY**

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Go to [www.chirocare.com/pages/gettingTreatment/decisionSupport](http://www.chirocare.com/pages/gettingTreatment/decisionSupport)  
to download the interactive PDF of the decision guide you want to use.

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