



How to Build Relationships With Your Health Providers

Advocating for yourself is central to getting what you need.

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Speak up. Just as in any relationship, the other person can't give you what you need if they don't know that you need it. There's a chance you may get it, but it's at best a random one. That's no way to maintain a relationship, so why should it be any different with your primary care provider (PCP) or another member of your care team? Be honest with them. If you need help being honest, consider bringing a friend or a loved one to your visit for support.

Nothing should be off the table. There is nothing wrong with asking questions. In fact, it's the best way to get what you need. There are no dumb questions when it comes to your health. Not sure about the benefits of daily pills versus long-acting injectables? Don't understand the different ways to address depression or anxiety? Ask your care team for answers. Before your next visit, write those questions down. Doing so will keep everyone focused on getting answers.

Move on if necessary. Sometimes social relationships don't work out. The same goes for your relationship with your PCP and other members of your care team. Try to work things out before deciding to move on. You may be surprised by how things improve after letting your care team member know how you're feeling. If that doesn't help, go ahead and find another provider. Just make sure that you have your new care team member ready to serve you before moving on. Staying in care is one of the most important factors in maintaining your overall health.

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