



Mid and South Essex
Integrated Care
System



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Four questions to help shape your care

Shared Decision Making

This flyer includes four questions which can help you to make personal choices about your care. You can use them when meeting with any health care professional to help you explore together the treatment options that work for you.

What are my choices?

**What are the
advantages and
disadvantages?**

**What if I
do nothing?**

**Where can I find more
information and support?**