



**Shared Decision Making**

Here are four questions to help you make choices about care. Use them when meeting health care professionals to explore the treatment options that work for you.



Mid and South Essex  
Integrated Care  
System



Mid and South Essex

**Four questions to help shape your care**



**What are my choices?**

**What are the  
advantages and  
disadvantages?**

**What if I  
do nothing?**

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