

Ten Things Patients Can Do Right Now!

1. Learn about the OpenNotes movement.

You'll find a lot of helpful information, including videos and toolkits at opennotes.org.

2. Ask for your visit notes.

Your doctor writes a note after your visit. When they are shared with patients, we call them open notes. You have a legal right to your notes, so don't hesitate to ask for them, on paper or online.

3. See who's already sharing notes online.

Check out our map at opennotes.org/join-the-movement to see which health systems are sharing notes. It's possible that your notes are already available!

4. Register for your health system's patient portal.

Logging on to the portal is an easy and secure way to read your notes and engage with your health information. Evidence shows that engaged patients get better health care.

5. Use your notes.

Refer back to your notes to remember what was discussed with your health care team and to remind yourself of follow up appointments, medication changes, and other important health information.

6. Feel confident about your care.

Reading your notes can help you take more control of your health and health care, and create a stronger, more trusting relationship with your care team.

7. Ensure that your health information is accurate.

By reviewing your notes, you can play an important role in the safety of your own care.

8. Be an informed caregiver.

Sharing notes can help you manage the health and illnesses of the patients you support.

9. Share your story.

Let us know about your experience with open notes and managing your health information. Tell us about your successes, strategies, obstacles, and concerns as we work to make open notes the standard of care for all patients.

10. Follow OpenNotes

Join the conversation and the growing OpenNotes community on our website, Facebook, Twitter, LinkedIn and YouTube.

