

# Who can I ask if I have questions about my health?



Are you a patient at the CHUM? Are you worried? Do you think you need urgent advice? There's a number you can call: the CHUM Patient Health Line.

## Who can I call for help?

**Call the CHUM Patient Health Line:**  
**> 514 890-8086**

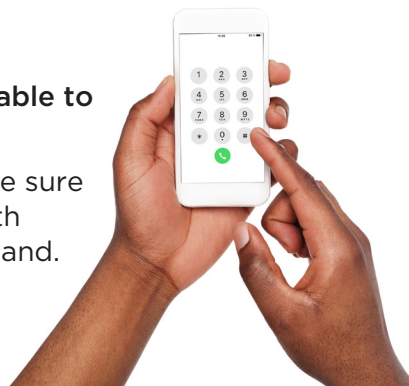
A CHUM nurse will answer your call. This service is available 24 hours a day, 7 days a week. This is in addition to the services provided by your health care team.

The nurse can answer you and give you guidance. You can ask questions, for example, about:

- symptoms you might have after an operation
- symptoms or side effects to watch for
- preparing for an exam or a procedure
- self-care
- etc.

This service is **available to CHUM patients.**

When you call, make sure you have your health insurance card on hand.



## What should I do if I need to cancel or change an appointment?

Call the Appointment Centre:

> **514 890-8051** or **1 855 769-5842** (toll free)

Monday to Friday, from 7:30 a.m. to 5:00 p.m.

You can also do it online:

> **chumontreal.qc.ca**

In the top banner, click on Patients et visiteurs → Mes rendez-vous → Gérez vos rendez-vous en ligne! (French only)



## USEFUL RESOURCES

Other health sheets published by the CHUM are available. Ask for those that might fit your situation.



You can also find them on our website

**chumontreal.qc.ca/fiches-sante**

*The content of this document in no way replaces the recommendations and diagnoses made, or the treatment suggested by your health professional.*

To find out more about the Centre hospitalier de l'Université de Montréal  
**chumontreal.qc.ca**





Questions

Write down any questions you want to ask your care team so you don't forget anything.



Lined area for writing questions



Observations - Comments

Write down observations you feel are important: your symptoms, treatments, follow-up, energy level, spirit, etc.



Lined area for writing observations and comments



Resource people and contacts

Write down phone numbers, email addresses and websites that could be useful.



Lined area for writing resource people and contacts

To find out more about the Centre hospitalier de l'Université de Montréal [chumontreal.qc.ca](http://chumontreal.qc.ca)

