

Communicating with Your Healthcare Team During Prehabilitation

Good communication is an important part of prehabilitation (prehab).

Talking to your healthcare team about your surgery can help you reduce stress and feel more confident.

What can I do to improve communication?

You can:

- **Ask** about your surgery and how prehab can help you get ready.
- **Write down your questions** and identify who on your healthcare team can answer each question.
- **Be clear and direct.** If something is unclear, ask for more information about the risks, benefits, what to expect, and how to prepare in prehab.
- **Share your concerns.** Your healthcare team is there to support you.
- **Discuss your expectations** for surgery, pain management, your recovery, and possible changes to your life after surgery.
- **Bring a support person.** A trusted friend or family member can take notes, ask questions, and help you remember information.
- **Follow up after your appointment.** Ask for a phone number or how to contact them if you have questions or concerns.

Why is it helpful to prepare for my appointments while I'm in prehab?

Being prepared during prehab helps you get the most from your appointments. Your healthcare providers may ask about your health history or tell you important information about your surgery. Because appointments can be busy, they may not have time to answer all your questions. Planning ahead helps you use this time to get your most important questions answered.



Learn more about [Making the Most of Your Appointment](#)



Or watch the video to [Make the Most of Your Doctor Visit](#)

Tools that can help

There are many different tools that can help you communicate with your healthcare team, document, organize, and remember important information during prehab.

Use a binder or digital folder

A system that helps you organize all your medical information is a good first step. A binder or digital folder can help you keep this information in one place so you can find it when you need it.

March 2026



PREHAB



Questions?
Prehab@ahs.ca
1-888-852-3383



Tools or services that can help

My Care Conversations App

My Care Conversations app is a free smart phone application that will allow you to record conversations with your healthcare providers. You can find it on the app store for Apple devices and on the Google Play store for Android devices.



Learn more about [My Care Conversations App | Alberta Health Services](#)

Interpretation Services

AHS offers professional medical interpretation services to help patients and families who are deaf or hard of hearing, or who do not speak English well. Visit [Interpretation & Translation Services](#) for more information.

Communication Access

Some people struggle with hearing, expressing themselves, or understanding others. Find more information about [communication access](#) and other communication tools.

Rehabilitation Partnership Guide

Sharing your story, goals, what matters to you, and having your voice heard is an important part of communicating with your healthcare team. The [Rehabilitation Partnership Guide](#) is one tool that can help.

MyChart

MyChart is a secure way to see your health information online.

Use MyChart to:

- Communicate directly with your healthcare team.
- See your health information and appointments.
- Fill out appointment questionnaires ahead of time.
- Add documents to your health record, like your personal directive.

Learn more about [What You Can Do With MyChart](#).

There are steps you **must** complete to get MyChart:

1. Create your Alberta.ca account.
2. Create your MyHealth Records account.

To create these accounts, visit myhealth.alberta.ca/myhealthrecords



Visit [Getting Ready for MyChart](#) for detailed steps on how to get set up.

Please note: If you are not ready to sign up for MyChart, ask your healthcare provider to print you a copy of your **after-visit summary** to review at home.

Visit [My next steps: discharge conversations](#) for tips on talking with your healthcare team about leaving the hospital after surgery.