

Do's and Don'ts for Using AI for Health Questions

AI can help you get ready for a visit, explain medical words, and organize questions. AI can also be wrong, and it does not know your full health story. Use AI to prepare for better conversations, *not* to make medical decisions

✓ DO use AI to prepare

- **Prepare for a visit.** List concerns and what you hope to learn when you see your doctor.
- **Understand medical words.** Ask for plain language explanations about terms or tests.
- **Organize symptoms.** Note when symptoms started and what might help.
- **Learn general health information.** Ask about a condition, types of tests, or treatment options.
- **Find trusted health information.** Ask for links to official sites and resources from your health system.
- **Draft questions to ask.** Try: "What are my choices? What happens next?"

✗ DON'T use AI to decide

- **Diagnose yourself.** AI cannot examine you and does not know your medical history.
- **Choose or change treatment.** Decide with your doctor and care team instead.
- **Start, stop, or adjust medicine.** Talk with your doctor or pharmacist first.
- **Handle urgent symptoms.** Chest pain or breathing trouble needs immediate help.
- **Replace your care team.** AI can prepare you, but it cannot care for you.
- **Share private details carelessly.** Avoid sharing names, identification numbers, and complete medical records for security purposes.

When to Get Direct Medical Help Instead of Using AI

- Call 911 for emergencies like chest pain, trouble breathing, signs of stroke, severe bleeding, or severe allergic reactions.
- Call or text 988 for thoughts of self-harm.
- For urgent medical questions, contact your doctor or nurse line.

1. Bring AI notes to your visit.

Print or write your AI-prepared questions. Share them at the start of your in-person visit.

2. Ask AI to check itself.

Ask: What might be wrong?
What should I confirm with my doctor?

3. Use trusted health information sources.

Use MedlinePlus, Centers for Disease Control and Prevention (CDC), Mayo Clinic, and direct resources from your health systems.

AI is a preparation tool and should be used for education only, not professional medical advice.