

# Top 5 Ways for Patients to Get Involved in *Change Day Ontario*

**Change Day Ontario** is inviting everyone within the Ontario healthcare system to make a pledge toward improved compassionate quality care – that includes you, patients.

Here are the top 5 ways patients can participate in **Change Day Ontario**:

- 1 Make a pledge that will help improve your overall care and experience with the healthcare system at [changedayontario.ca](https://changedayontario.ca)
- 2 If you see another patient's pledge in the pledge gallery that you would also like to act on, join their pledge
- 3 Spread the word about your pledge and your story on social media using **#ChangeDayON** and tagging **@ChangeDayON**
- 4 Encourage your friends and family to make their own pledges online at [changedayontario.ca](https://changedayontario.ca)
- 5 Share your insights and ideas with us by emailing us at [info@changedayontario.ca](mailto:info@changedayontario.ca) and we might feature you on our website and social media feeds

What types of pledges can you make? Here are a few examples to spark ideas.

## I pledge to...

- Write down notes at every doctor's visit to make sure I remember all the details
- Thank my medical professionals for the pledges they've made, and recognize the impact it's made on my care
- Do my best to follow through on my medical professional's recommendations or treatment plans so that I can feel better, faster
- Be my own advocate
- Write down questions for my doctor before my appointment so I make sure I hit all the points I want to cover

Thank you for doing your part to support positive change within healthcare across the province of Ontario!