




# Ask



**DISCUSS** use of  
complementary and  
alternative medicine



# Tell



**ASK** your patients  
**TELL** your health care providers  
**TALK** about it

Web site:  
[nccam.nih.gov](http://nccam.nih.gov)

Toll-free:  
**1-888-644-6226**

ASK. TELL. TALK about the use of complementary and alternative medicine (CAM). CAM includes products and practices like herbal supplements, meditation, chiropractic manipulation, and acupuncture. When health care providers and patients discuss the use of CAM, they ensure coordinated care.



**NATIONAL CENTER FOR COMPLEMENTARY AND ALTERNATIVE MEDICINE**  
National Institutes of Health U.S. Department of Health and Human Services