

# AI Chatbots for Health: How to Use Safely and Effectively

## 5 EASY PROMPTS: LEARN, SIMPLIFY AND PREPARE FOR CARE



### Use AI to explore possibilities, not to be your doctor

**PROMPT:**

“I have these symptoms [description]. What are **common causes**, how do they differ and **what details would help narrow them down?**”



### Simplify information

**PROMPT:**

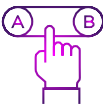
“**Explain this to me in simple words:** [medical term, doctor’s diagnosis or instructions].”



### Add relevant context

**PROMPT:**

“Given my situation [my age and gender, lifestyle, goals, etc.] **what do I need to know?**”



### Know your options

**PROMPT:**

“What are the different ways to treat [diagnosis name] and **what are the benefits, risks and side effects of each?**”



### Prepare for your visit

**PROMPT:**

“**What questions should I ask my doctor** to better understand this situation?”



## → Use AI to learn—NOT to diagnose

- AI can’t diagnose or know your full medical history
- AI may rely on incomplete, outdated or non-vetted information
- AI can sound confident—even when it’s wrong
- Results depend on how you ask

## ✗ DO NOT rely on AI for:

- Emergencies
- Diagnosis or treatment decisions
- Replacing your doctor

## ! Protect your data!

- Avoid sharing personal or identifying details
- Privacy protections may differ from your doctor’s office

**Serious or sudden symptoms?**  
**Seek immediate care or call 911.**