USING AI AS A HEALTH COLLABORATOR

Use AI to think better, not think for you.

What is AI actually good for?

AI CAN:

Break down complex topics into plain language
Explore possible options or approaches
Generate questions you didn't think to ask
Prepare for a conversation with a clinician

DON'T:

Diagnose yourself
Make medication decisions
Replace real clinical care

Pressure test every answer.

- [ ] Who is this true for--and am I one of those people?
- [ ] What might make this not apply to me?
- [ ] What risks or downsides are missing?
- [ ] How strong is the evidence behind this?
- [ ] What would a cautious professional want to know first?

Know what a strong answer looks like.

ASK AI TO:

Show multiple options--not just one path
Include both benefits and risks
Acknowledge uncertainty
Adapt to personal context (or ask for it)
Point you toward a real-world next step

FIX WEAK ANSWERS:

"What are you missing here?"
"Give me the opposing perspective."
"What are the risks you didn't mention?"
"How would this change for someone like me: (add context)?"

USING AI AS A HEALTH COLLABORATOR

Ask AI these questions when sleuthing out a health decision.

Personal context.

Does this answer depend on age, sex, medications, medical history, or other health conditions?
What would a doctor or health care professional want to know before interpreting this information?
What other pieces of information am I missing before I make a health decision about what to do?

Limits, exceptions, and risk.

Are there situations where this advice does not apply or is not true?
What are the risks of following this information as you've stated?
What important context might be missing from this answer?

Quality of evidence.

Is this opinion based on clinical trials, early research, general opinion, or expert opinion?
What are the most common misunderstandings about this topic?

Next steps.

What questions should I ask my doctor about this?
What vetted resources can you show me to get more information about this topic?

STRATEGIC ACTION HEALTH