



# Ask



DISCUSS use of  
complementary  
health practices



# 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**



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