

**DISCUSS** use of  
complementary  
health practices

**Ask**

**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  
health practices.



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