The R.E.A.D. strategy was developed to help you get the most out of your notes. Consider using these four steps for success as you read your notes.

**R – Reflect on how and why you might read your notes**
- Think about what you hope to learn
- Choose a reading environment that suits your learning or reading style

**E – Explore your notes**
- Take your time reading because the contents or language may be unfamiliar
- Keep an open mind about what you are learning

**A – Ask questions**
- Use the Veterans Health Library to find additional information
- Let your clinician know if you want to discuss your notes or if you need follow up about something, like a test or appointment.

**D – Decide how your notes can support your recovery**
- It’s up to you to decide how you want to use your notes.
- Consider how often and how much of your notes you want to read