

HOW TO GET BETTER HEALTHCARE

Communicate with your doctor. Be your own best advocate. Get the treatment you need.

Make a list.

Jot down notes ahead of time.
List your medicines, describe your symptoms, and write down any questions. Bring your list to your appointment.



Ask questions.

Don't be shy.
If you don't understand something the doctor said, say so.



Be honest.

Doctors can only fix what they know about.
Be truthful about any unhealthy habits. Tell them if you didn't follow their instructions.



Say it back.

Try this easy trick:
Repeat any instructions to make sure you understand. It will help you remember what to do and the doctor can explain anything that's not clear.



Keep your appointments.

Don't be a no-show.
It makes things harder for the office staff and other patients. Call well ahead if you have to cancel.



Get screened.

Take control of your health.
Keep up with mammograms, colonoscopies, and other preventive visits and tests. Ask your doctor if you're not sure which ones you need.



Get a second opinion.

Trust your gut.
If you don't like what the first doctor said, see someone else. It won't hurt anyone's feelings.



Bring someone with you.

It's what friends are for.
Ask them to take notes and listen, especially if it's an important appointment — like a pregnancy visit or test results.



Bring your meds.

Your doctor needs to know exactly what medicines you take.
Make a list of their names and doses. Don't forget vitamins and supplements.



Know your history.

Check your family tree.
Gather health info and medical history from your parents, grandparents, brothers, sisters, aunts, uncles, nephews, and nieces. Write it down and share it with your doctor.



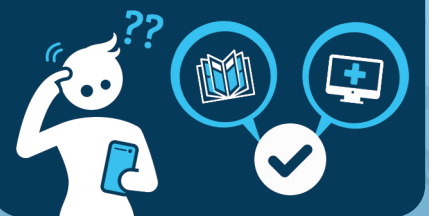
Ask for an interpreter.

Medical jargon is hard.
If you're not fluent in English, ask ahead for a translator when you make your appointment.



Ask for more health info.

Don't just start Googling stuff.
Before you leave the doctor's office, ask for pamphlets or trustworthy websites where you can learn more.



Call back.

Don't keep waiting ... and waiting.
If your doctor said they'd call with test results or more instructions and you don't hear from them, call them back.



Be kind.

Treat medical staff with respect.
It's often not the office staff or nurse's fault when there are delays. Emergencies happen.



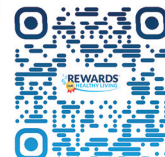
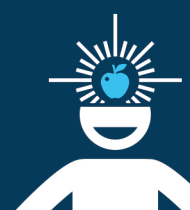
Use the patient portal.

It can save time and frustration.
Learn how to find test results, schedule appointments, and send messages to your doctor's office.



Practice healthy habits.

You know the drill:
Eat well and exercise. Get enough sleep. Manage stress. You'll feel good — and need to see your doctor less.



REGISTER TODAY!

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