



HEALTHY YOU. HEALTHY SAVINGS.

# Save by keeping medical and billing errors in check



- Check credentials of doctors, hospitals, and other health care providers. Get a complete list of how to get quality care from [ahrq.gov](https://www.aHRQ.gov).
- Protect yourself from medical errors. Be your own watchdog. Take an active role in every decision about your health care. If needed, have a family member or friend oversee your care.
- Get all of your medications from the same pharmacy to avoid harmful interactions. Make sure each doctor who prescribes medicine for you knows about any allergies and adverse reactions you have had to medicines and to foods, such as shrimp.
- To avoid getting a serious infection while you are in the hospital, ask all persons who give you care to wash or sanitize their hands.
- Keep lists of hospital and medical services. Ask for itemized bills. Compare your lists to the bills to make sure you were only charged for services that you received. Notify the billing department and your health plan of mistakes.