



# Be a wise health consumer

Take time to learn about your health care coverage and options for your medical and preventive care.



Over-the-counter (OTC) medicines are generally less potent than prescribed ones, but can equal or exceed the dose of a prescribed medicine if you take too much. Follow directions for OTC medicines. Don't take them regularly unless your doctor tells you to.

Not all health information on the internet is accurate, unbiased, and up to date. Use credible websites for reliable health information. Large professional organizations and well-known medical schools are also good sources.

Wise medical consumers have advance directives (e.g., living will and/or a durable medical power of attorney). These written documents state your wishes to choose or refuse medical treatment.