

You & Your Health Care

Take an active role in your health care to improve the quality of your care. Start by being prepared, speaking up, and asking questions.



BE PREPARED

If needed, have a family member or friend help you.

- Keep your personal health record and medication list up to date.
- Keep a list of symptoms and problems you have. Be able to describe them clearly.
- Know your family health history.
- Know which provider or team is in charge of your care and how to contact them.

FOLLOW YOUR TREATMENT PLAN

- Ask for a list of your medications and directions about taking them.
- Ask for written directions about activities and treatments, too.
- Call your provider if you have questions, have side effects, or if your symptoms get worse.
- Schedule and keep appointments as needed.



WAYS TO AVOID MEDICAL ERRORS

- Make sure each provider knows:
 - All the medicines you are taking, including over-the-counter medicines and supplements.
 - Any allergies you have
 - Bad reactions you have had to medications, foods, and anesthesia
- Read medicine labels and warnings on them. Let your provider and pharmacist know if a medicine looks different than what you have been taking.
- If you have a test or procedure, don't assume no news is good news. Ask for results. Ask if any part of your treatment plan needs to be changed.
- If you are having surgery, make sure you and all persons involved agree and are clear on exactly what will be done.
- Don't be afraid to ask questions. Voice your concerns.