

Do You Know Where to Go for Care?

It's as easy as 1, 2, 3

Here are a few points to remember:

- 1.) Get to know your doctor.
- 2.) When you're sick, try to see your doctor first.
- 3.) An urgent care facility may be the best choice when your doctor isn't available.



Save the ER for Emergencies

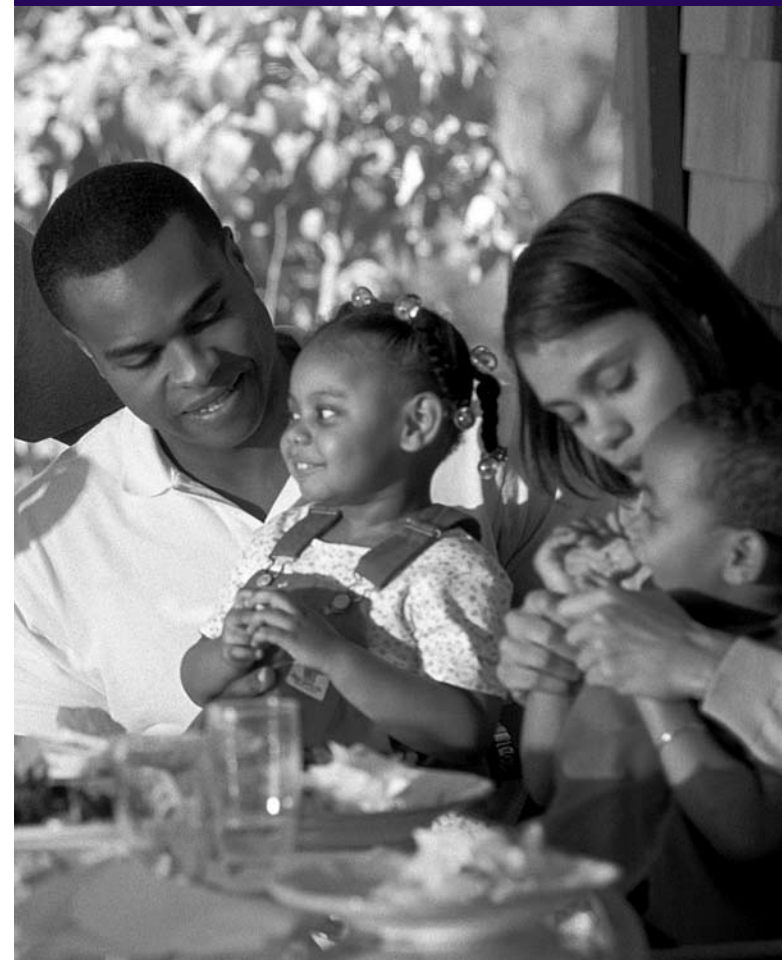
Call your own doctor first if you are not feeling well. He or she has your medical record, and can advise you best.

If your doctor is not available and you need medical attention, go to the nearest urgent care or emergency room.

Of course, in an emergency, call 911 or go to the nearest ER. A true emergency is a condition that comes on suddenly and is so severe that care is needed right away to avoid bodily harm.



Taking Charge of Your Health



You can take positive steps toward being healthier. Having a good relationship with your doctor is a good place to start.

Talking openly will help you and your doctor make the best decisions for your health. This brochure can help you learn how.

Make the Most of Your Doctor Visits

Here are some tips to help you make the most of your doctor's visits:

- Before your visit, make a list of questions and concerns.
- Write down what your doctor tells you. It can be hard to remember everything the doctor says.
- Tell the doctor what you heard him or her say, to be sure you understand.
- If you want to know more about what the doctor said, ask for handouts.
- If you have questions after you get home, call your doctor back and ask to speak with the doctor or a nurse.
- You may want to bring someone with you. A friend or family member can help you ask the right questions, and remember the answers.



Questions To Ask Your Doctor

Doctor's Name: _____

Today's Date: _____

What do you call my health problem?

Did I tell you all of the things I am doing or taking to help me feel better?

What do I have to do to feel better?

What could happen if I don't do what you suggest?

When should I return?

Do I need to see any other doctors?

What medicine do I need to take?

How will it make me feel?

How do I take it?

