

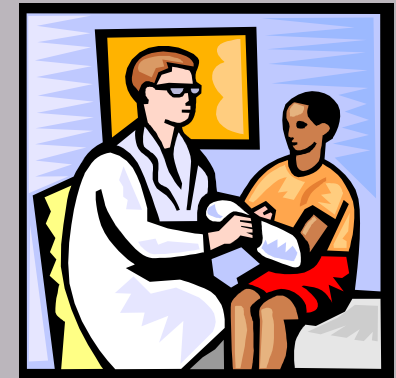
● ● ● *Be Involved*

- Work with your doctor, nurses, and other health care providers as part of a team to make important decisions.
- Keep your doctor informed about the medication that you take. This includes prescription drugs, over-the-counter drugs, vitamins, and herbal supplements. Also inform him of any allergies or side effects you have.
- Read the label on your prescription right away. Make sure it is what the doctor ordered for you.



Four Students for
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Getting Quality Care



*How to get the most out
of your visit to the doctor.*

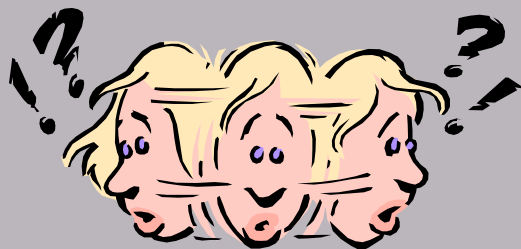
Judy Jaggi, Heather Spencer,
Andrew Dangerfield, and Christian Terry

● ● ● *Introduction*

Obviously many changes need to be made by legislatures, insurance providers, physicians, and medical administrations. But we cannot forget that the most important changes to be made in health must be made by individuals – you and me. By practicing a few simple habits we can be sure to get better care for ourselves and our families.

● ● ● *Be Curious*

- If you have several health problems or are in a hospital, many people may be involved in your care. Make sure that someone (such as your personal doctor) is in charge of your care. Speak often with that person.
- Ask lots of questions, and keep asking them until you understand the answers. You have a right to speak to anyone who is involved in your care.
- When you have an x-ray or a laboratory test, don't assume that "no news is good news." Ask your doctor about when and how you will receive the results.



● ● ● *Be Wise*

- If you are having a surgery, make sure that you, your doctor, and your surgeon all agree on what will be done. Know what you can do before and after surgery to speed up the recovery time.
- Ask your doctor what the scientific evidence has to say about your condition and treatment options.
- Know that "more is not always better." Be sure to find out why you need a test or treatment and how it can help you. You could be better off without it.