

Are You a Wise Health Care Consumer?

February is Wise Health Care Consumer Month, and is also the time that we celebrate National Patient Recognition Week (Feb 1st - 7th).

We appreciate you choosing us to be your health care partner.

Wise health care consumers play an active role in maintaining and managing their own health, as well as their health care.

- **Prevent**—They make decisions every day to improve their health. They exercise. They eat healthy foods. They avoid risky behaviors.
- **Participate**—They keep track of their health issues. They keep a “health journal.” They use it to keep a record of their medical history, doctor visits and immunizations, test dates and results, medications and doses, and allergies. They also write down any questions they have about their health. They take this with them to their health care appointments.
- **Power**—They know that knowledge is power. They educate themselves about their health. They look up information on their illnesses and their medications.
- **Partner**—They get the most out of every visit with their health care providers. They ask questions. They tell their caregiver about all of their health concerns. (Even things that appear unrelated might affect the caregiver’s diagnosis or treatment plan.) They make sure they understand what their caregivers are telling them.

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