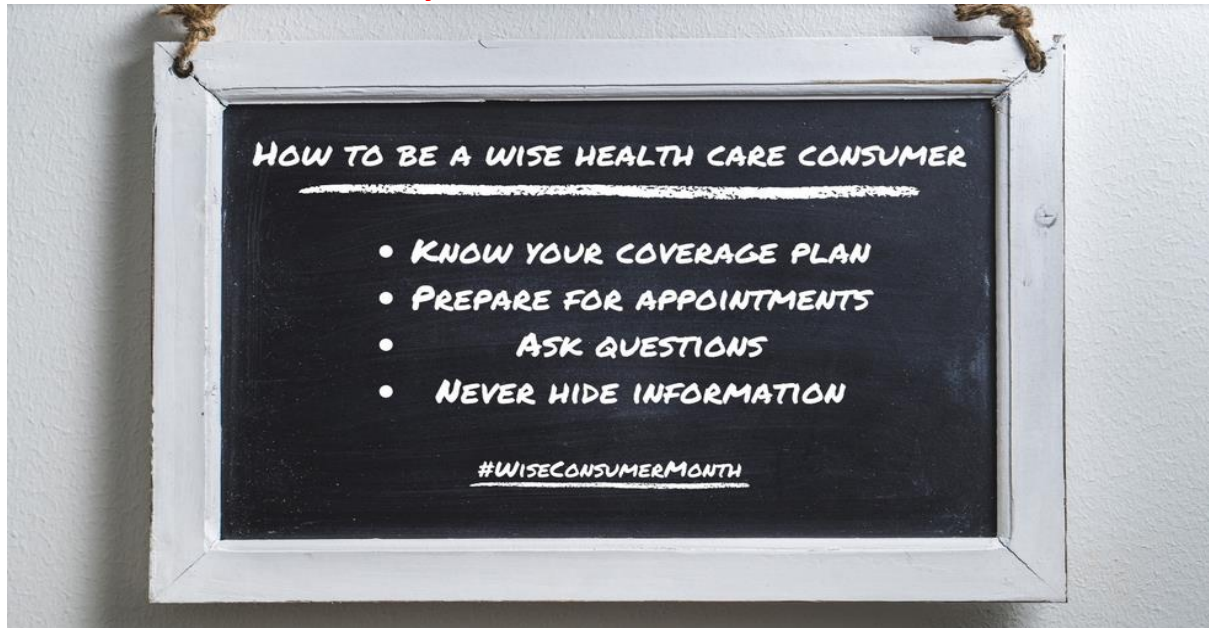




Brought to you by the Holy Family Health Ministry

February is Wise Health Care Consumer Month



Be prepared to respond effectively to your health care needs

1. Know your health insurance plan inside and out

- a. Is your insurance commercial (Example CIGNA), Medicaid, or Medicare?
- b. Find out what is covered and what is not
- c. Find out what your co-pay is
- d. If uninsured find providers that offer sliding scale charges based on your income level

2. Take your time selecting a doctor.

- a. Ask family, friends, or coworkers if they have a doctor they like.
- b. If you are looking for a new doctor because yours is retiring or moving, ask him/her for a recommendation.
- c. After making a list of the doctors you are interested in, call their offices to learn more about them. Find out:
 - i. Is the doctor taking new patients?
 - ii. How long will it take to get an appointment?
 - iii. Who will see you if your doctor is not available?
 - iv. Does the doctor have experience treating your medical conditions?
 - v. Can you get lab work and x-rays done in the office?
 - vi. Is there a doctor or nurse who speaks your preferred language?



Do you not know that your body is a temple of the holy Spirit within you, whom you have from God, and that you are not your own? For you have been purchased at a price. Therefore, glorify God in your body. *1 Corinthians 6:19-20*



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3. Other things to consider when selecting a doctor

- a. Your preference over seeing a male or female physician.
- b. Where the practice is located and how long it will take to get there.
- c. Specific conditions the doctor should have experience treating.
- d. The kind of care quality you are looking for.

4. Prepare for doctor visits in advance by writing down your questions and concerns. During your appointment:

- a. Give your doctor complete and accurate information about your health.
- b. Tell your doctors about *all* the medications you are taking, prescribed and over the counter.
- c. Ask questions about all the medications you are prescribed.
 - i. Know what the prescription is for.
 - ii. Know what side effects may occur.
- d. If there are doubts or hesitations after an initial appointment, inquire about other doctors to schedule your next appointment.

5. In general:

- a. **Get regular physical exams.** Detect health issues early when they are generally less complicated to treat.
- b. **Do not ignore symptoms.** When you do not feel quite right, your body may be giving you signals that something more serious is going on and you may need medical attention.
- c. Do not forget to take care of your mental health just as you would your physical health.
- d. Keep a list of all of your physicians and medications handy.
- e. Take all medicines as prescribed,
 - i. Report any side effects to your doctor.
- f. Keep a results log of all self-health monitoring (Blood pressure, blood sugar, weight).



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