



# Be Involved in Your Health Care



JANUARY 2012 | *Monthly Topic*

There are many ways to take an active role. Work with your health care team to improve your health.

- **Be Involved in Your Health Care. A Healthy Living Message**  
[http://www.prevention.va.gov/Be\\_Involved\\_in\\_Your\\_Health\\_Care.asp](http://www.prevention.va.gov/Be_Involved_in_Your_Health_Care.asp)
- **Ask Me 3: Good Questions for Your Good Health**  
[http://www.prevention.va.gov/MPT/2012/AskMe\\_brochure.pdf](http://www.prevention.va.gov/MPT/2012/AskMe_brochure.pdf)
- **Five Steps to Safer Health Care**  
<http://www.prevention.va.gov/MPT/2012/MyHealthVetstepsFINAL.pdf>
- **Speak Up!**  
[http://www.prevention.va.gov/MPT/2012/Speak\\_Up.doc](http://www.prevention.va.gov/MPT/2012/Speak_Up.doc)

## FEDERAL GOVERNMENT RESOURCES

You are now leaving the Department of Veterans Affairs Web site.

### US Department of Health & Human Services (HHS) Healthfinder.gov

- **Take Charge of Your Health Care**  
Most people depend on different doctors, nurses, pharmacists, and insurance companies for their health care. It's a team effort, and you are the most important member of the team.  
<http://www.healthfinder.gov/prevention/ViewTopic.aspx?topicID=78&areaID=0>

### Agency for Healthcare Research and Quality (AHRQ)

- **Questions Are the Answer: Build Your Question List**  
Are you visiting your health care clinician or pharmacist? It is important to be prepared. Create a personalized list of questions that you can take with you.  
<http://www.ahrq.gov/questionsaretheanswer/questionBuilder.aspx>

### National Institutes of Health (NIH)

#### National Institute on Aging

- **Talking With Your Doctor: A Guide for Older People**  
Information to assist older individuals in creating good communication channels between themselves and their doctor.  
<http://www.nia.nih.gov/HealthInformation/Publications/TalkingWithYourDoctor/>

### MedlinePlus®: US National Library of Medicine (NLM)

- **Talking With Your Doctor**  
Information that will help you get the information you need and make the most of your doctor's visit.  
<http://www.nlm.nih.gov/medlineplus/talkingwithyourdoctor.html>

### Womenshealth.gov

- **Tools to Help Build a Healthier Life!**  
This brief on-line publication offers tips and suggestions for talking with your doctor or nurse. It explains how to report symptoms and problems and discusses important questions to ask about diagnosis and treatment.  
<http://www.womenshealth.gov/tools/howtotalk.cfm>

