



Be Involved in Your Health Care



JANUARY 2014 | *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
- **Ask Me 3[®], please visit**
<http://www.npsf.org/askme3>
- **Five Steps to Safer Health Care**
<http://www.prevention.va.gov/MPT/2013/MyHealthVet5Steps.pdf>
- **Speak Up!**
<http://www.prevention.va.gov/MPT/2013/12013SpeakUp.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>

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 visit to the doctor.
<http://www.nlm.nih.gov/medlineplus/talkingwithyourdoctor.html>