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**

**VETERANS HEALTH LIBRARY**

The Veterans Health Library (VHL) offers Veterans, their families and caregivers 24/7 Internet access to comprehensive, Veteran-focused health information that’s consistent with VA clinical practice. Its information, resources, and tools are engaging, “Veteran-friendly” and written in “plain language”. No matter where Veterans receive care, VHL helps them understand and manage health problems, make informed health decisions, and actively partner with their health care teams. Items within the VHL on Be Involved in Your Health Care include:

- **Be Involved in Your Healthcare: Taking Medications**
- **Be Involved in Your Healthcare: Family and Friends Can Help**
- **Be Involved in Your Healthcare: When You’re Having Surgery**

**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.


**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.

**National Institutes of Health**

- **Talking With Your Doctor**
  Information to assist older individuals create good communication channels between both themselves and their doctor.

**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.

* Indicates non-VA website