



# Be Involved in Your Health Care

**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/Healthy\\_Living/Be\\_Involved\\_in\\_Your\\_Health\\_Care.asp](http://www.prevention.va.gov/Healthy_Living/Be_Involved_in_Your_Health_Care.asp)
- “Ask Me Three” Whiteboard Video  
[https://www.youtube.com/watch?v=zmxhK4theZo&list=PL3AQ\\_JVoBEywH95nwBCpq0mAWbUIMfGOy&index=19](https://www.youtube.com/watch?v=zmxhK4theZo&list=PL3AQ_JVoBEywH95nwBCpq0mAWbUIMfGOy&index=19)

## **Veterans Health Library---**

<http://www.veteranshealthlibrary.org/>

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 VHL helps Veterans understand and manage health problems, make informed health decisions, and actively partner with their health care teams. Check out the VHL for more information.

- Be Involved in Your Healthcare: Taking Medications  
[http://www.veteranshealthlibrary.org/Search/142,40990\\_VA](http://www.veteranshealthlibrary.org/Search/142,40990_VA)
- Be Involved in Your Healthcare: Family and Friends Can Help  
[http://www.veteranshealthlibrary.org/Search/142,40986\\_VA](http://www.veteranshealthlibrary.org/Search/142,40986_VA)

- Be Involved in Your Healthcare: When You're Having Surgery  
[http://www.veteranshealthlibrary.org/Search/142,40988\\_VA](http://www.veteranshealthlibrary.org/Search/142,40988_VA)

## **Federal Government Resources**

### **U.S. Department of Health and Human Services 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 Health & Research Quality (AHRQ)**

#### **Be More Involved in Your Health Care: Tips for Patients**

This brochure gives you tips to use before, during, and after your medical appointment to make sure you get the best possible care.

<http://www.ahrq.gov/patients-consumers/patient-involvement/ask-your-doctor/tips-and-tools/beinvolved.html>

### **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/apps/qb/>



**National Institutes of Health**

**National Institute on Aging**

**Talking with Your Doctor: A Guide for Older People**

Information to assist older individuals create good communication channels between both themselves and their doctor.

<http://www.nia.nih.gov/health/publication/talking-your-doctor-guide-older-people>

**Medline Plus®: U.S. National Library of Medicine**

**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>