



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
- “Ask Me Three” Whiteboard Video
https://www.youtube.com/watch?v=zmxK4theZo&list=PL3AQ_JVoBEyWH95nwBCpq0mAWbUIMfGOy&index=19
- Be Involved in Your Healthcare: Taking Medications
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
- Be Involved in Your Healthcare: When You’re Having Surgery
http://www.veteranshealthlibrary.org/Search/142,40988_VA

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. Items within the VHL on Be Involved in Your Health Care include:

Federal Government Resources

U.S. Department of Health and Human Services

HealthFinder

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.

<https://healthfinder.gov/HealthTopics/Category/doctor-visits/talking-with-the-doctor/take-charge-of-your-health-care>



**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.

<https://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.

<https://www.ahrq.gov/patients-consumers/question-builder.html>

**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.

<https://www.nia.nih.gov/health/doctor-patient-communication/talking-with-your-doctor>

**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 visit.

<https://medlineplus.gov/talkingwithyourdoctor.html>