

**THERE ARE 126 SCHOOLS IN**

**THE COUNTRY THAT TEACH YOU HOW**

**TO BE A PHYSICIAN BUT**

**NOT ONE FOR HOW TO BE A PATIENT.**



**TAKE CHARGE OF YOUR CARE.**

Do your homework. Gather as much trustworthy information as you can on your condition.



Bring someone with you for support when visiting your physician and to help you remember what was said.



Have key information with you, including your medical and medication history.



Take a notebook, ask questions and double-check your notes for accuracy.

At United Health Foundation, we believe that the more you know, the healthier you will be. Which is why we partnered with the NATIONAL PATIENT SAFETY FOUNDATION® to bring you these important health tips. We encourage you to get more involved in your care, to seek out information and to always make sure that the information you use comes from a reliable, evidence-based source. To find out more on this and other important topics, visit [UHFtips.org](http://UHFtips.org).



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