

# Better Understanding Your Health Care

# Understanding your health care



- Understanding your health care involves understanding the basic health information and services you need to make appropriate health decisions.
- Gives you the right and ability to understand the health care system
- Gives you the ability to make informed choices, reduce your health risks and increase your quality of life
- This includes the ability to read, write, understand, communicate and use this health information

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- Examples include the following
  - Reading health information
  - Filling out forms
  - Taking medications as directed
  - Talking with your doctor
  - Using and accessing local resources
  - Sharing your health information with others
  - Knowing what health information is good
  - Helping others understanding their health care

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Another aspect of understanding your health care is understanding the health numbers that might be part of your care

Examples

- Previous check up hemoglobin A1c or HgbA1c was 9.3% now is 8.3%, so what does that mean

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4	5	6	6.5	7	8	9	10	11	12
<b>SUCCESS!</b>			<b>CAUTION!</b>				<b>DANGER!</b>		

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- Maybe it is understanding portion size such as 4 ounces of meat is about the same size of a deck of playing cards or one large fruit is about the size of a baseball.
- Understanding medication measurements, such as cc's; teaspoon, ounces
- Understanding nutrition labels on foods for serving size, calories, fats, etc.
- Understanding lab results
- Understanding your appointment time, such as Quarter to 8 if 7:45
  
- Important in helping your understanding your health care is the Ask Me 3- Ask these questions
  - 1) What is my main problem?
  - 2) What do I need to do?
  - 3) Why is it important for me to do that?

# Understanding your health care



- Understanding your health care is vital in helping you take an active role in your health and services.
- Talk with your doctor, make sure you understand what they are telling you to do
- Be empowered