

Quality Health Care: WHAT IS IT *and* WHAT CAN I DO?

Everyone deserves quality health care. You can make sure you get the best health care when you are sick or hurt by understanding what quality health care is and steps to take to improve your health.

How do I know if I am getting quality health care?

- Your health care fits your needs and preferences.
- Your health care does not cause harm.
- Your health care is right for your illness.
- Your health care is given without unnecessary delays.
- Your health care includes only the medical tests and procedures that you need.
- Your health care is fair and not affected by such things as your gender, language, color, age or income.

What can I do?

- Learn about what quality health care is.
- Talk with your doctor or nurse about your needs.
- Before you choose a doctor or hospital, learn about how well they provide the care you need. You can find this information on Internet sites like: www.wisconsinhealthreports.org.
If you do not have Internet access at home, you may find help at the public library.
- Make a list of all the medicines you take, your major illnesses and injuries. Share this list with your doctor.
- Make a list of questions you want to ask your doctor about your health problem or operation and what you need to do.
- Take a family member or friend along to your doctor visit to help you, if needed.
- Take your medicines the way your doctor tells you to. Follow her or his instructions.
- Take care of yourself.
 - Eat healthy foods.
 - Limit alcohol use.
 - Stop smoking.
 - Be active.

