Taking Charge of Your Health

Your health should be a top priority.
Here are some simple things you can do to take charge of your health.

Think Prevention First

Get recommended preventive care.
Visit the Centers for Disease Control (CDC) website for the latest recommendations:

🔗 https://www.cdc.gov/aca/marketplace/clinical-preventive-services.html

Examples of preventive care include:

- ✓ Preventive check ups at least once per year
- ✓ All recommended vaccines and screenings
- ✓ Eat a healthy diet and take care of your teeth
- ✓ Regular Exercise
- ✓ Regular Social Activity
- ✓ Avoid drugs, don't smoke and drink alcohol in moderation

Make visits with your health care provider count

- ✓ **Come prepared:** Bring a notebook and write down what you want to discuss in advance
- ✓ **Be honest and communicate any information that may affect your health:** Family history, your current diet, your activity levels, use of tobacco and alcohol, medications you are taking
- ✓ Don't be afraid to ask health-related questions. Your provider is often the best person to answer them.
- ✓ **Work with your provider to set your personal health goals:** Weight loss, quitting smoking, improving your mood

Take responsibility for your health outside of your provider's office

- ✓ Take your provider's advice and commit to your health!
- ✓ Empower yourself through education!
- ✓ Review any information shared by your Care Team about how to take care of your health by looking up information from verified sources such as the CDC, Mayo Clinic, American Medical Association, or American Academy of Family Physicians, to name a few.
- ✓ Contact your Care Team if you have questions or concerns about your health
- ✓ Please remind any specialist to send consult note to your provider's office