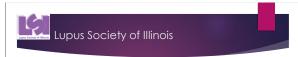


Healthy People 2020



Self Advocacy:

Advocacy is based on the foundation that everyone has the right to be heard, to have their concerns addressed and to be treated with respect and consideration.



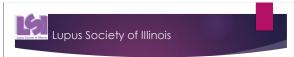
Navigating the Health System

- Complex
- Know health insurance
- Become a partner with your medical provider
- Explore all options to assure you get the best

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|-----------------------------|--|
| How to be a Health Advocate | |

- Don't give up when faced with challenges

- Don't give up when faced with challenges
 Understand your own health
 Prepare to see the doctor
 Write down any questions or concerns prior to the appointment.
 Educate yourself
 Learn about the disease process, treatment, and medications you may be on.



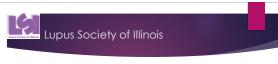
How to be a Health Advocate

- At your appointment, ask lots of questions.
- Build a relationship and rapport with your doctor.
- Ask for language in plain language.
- Keep records of your healthcare experience
 Communicate your concerns and understand the treatment plan and follow up plan.

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How to be a Health Advocate

- Ask or a second opinion
- If you aren't happy with what you're being told, ask for a second opinion it's your right
- Stand up for yourself
- Bring a family member or friend to appointment.



Healthcare Journal

- Keep medical records or have your medical history included in journal.
 Check your records. It's easy to forget how many times you were
- Hospitalized for chest pain or trouble breathing, etc
 Hospitalizations, Surgeries or major problems, current medical conditions or symptoms, immunizations, allergies (especially drugs or latex)
- Most recent complete physical, pap smear, mammogram, tetanus shot, etc.

3



- List all names and phone numbers of your current physicians, including dentist and eye doctor.
 It is extremely important to keep a current list of medications, including dosages and instructions for taking the medication (X per day).
 Write down any questions or concerns prior to visiting your physician.



- ·Lupus Society of Illinois
- ·Support groups

