



## SIMPLE STEPS FOR YOU TO HELP YOUR HEALTH CARE TEAM HELP YOU.



Consider all of the health care professionals on modern health care teams.

- Doctors. Nurses. Specialists and sub-specialists. Pharmacists. Home health aides. Physical therapists. Complimentary care providers. Nursing home professionals. Emergency medical technicians. Imaging professionals. The list goes on.

They all work hard to communicate with each other. But the fact is, you are in the best position to know your entire medical history. Therefore, there are a few simple things you can do to keep yourself safe from harm.

### WHY KEEP TRACK OF A FEW SIMPLE THINGS?

Even the very best health care teams have information gaps that can put your health and safety at serious risk. For instance, information gaps can contribute to dangerous medication errors, incorrect diagnoses, and treatment delays.

### YOUR TO-DO LIST

But you only have to do a few simple “to-dos” to help your health care team keep you healthy and safe.

- ✓ **Test results folder.** Gather your test results in a folder, and share them with your team.
- ✓ **Medications list.** Keep an updated list of all medications, and share it with your team.
- ✓ **Follow-up list.** Jot down all recommended next steps, and promptly follow-up.
- ✓ **Warning signs list.** Ask your team about warning signs, and swiftly address them.

The materials in this packet will help you remember and accomplish these simple “to dos.” If you have additional questions about any of this, you can get more information at the website [www.ownbestmedicine.mn](http://www.ownbestmedicine.mn).

Remember, you have the power to be your own best medicine. We hope these materials help you do that.