

TAKE CHARGE OF YOUR CARE.

MEDICAL STUDIES INDICATE

MOST PEOPLE SUFFER

A 68% HEARING LOSS WHEN NAKED.



GETTING THE MOST OUT OF A VISIT TO THE DOCTOR'S OFFICE

Take a friend, someone who will help you remember important information.



Educate yourself. Seek trustworthy information about illnesses or conditions that affect you.



Be up-front. Tell your doctors everything, or they might miss something important.



You have to ask in order to receive. If you want answers, you have to ask questions.

At United Health Foundation, we believe that the more you know, the healthier you will be. Which is why we partnered with the NATIONAL HEALTH COUNCIL to bring you these important health tips. We encourage you to get more involved in your care, to seek out information and to always make sure that the information you use comes from a reliable, evidence-based source. To find out more on this and other important topics, visit UHFtips.org.



United Health Foundation



NATIONAL HEALTH COUNCIL

Scheitel S., Boland B., Wollan P, Silverstein M. Patient-Physician. "Agreement About Medical Diagnoses and Cardiovascular Risk Factors in the Ambulatory General Medical Examination". Mayo Clinic Proceedings. December 1996; 71(12): 1131-1137.