

Everyone deserves good health care, but not everyone knows how to get it.

Medical professionals agree that patients who ask questions become better health partners.

To help you understand how to partner with your medical professionals, the Westchester County Department of Health and the Westchester Medical Center teamed up with respected physicians and members of the medical community to introduce "It's My Healthcare."

This educational initiative will help you learn how to get the best health care possible, whether you are ill or just going for a routine checkup.

While there may be many professionals involved in your health care, you must play an active role to get good medical care. That's not always easy.

It's sometimes tough to navigate the health care system. Being sick is scary and hospitals can be intimidating. It helps to find a doctor you feel comfortable with. But when it comes to your health, you are your own best advocate.



**Andrew J. Spano, Westchester County Executive
County Board of Legislators**

**Joshua Lipsman, MD, JD, MPH
Commissioner of Health**

Thanks to the many representatives from Westchester's hospitals and health care centers and to the medical professionals who contributed to the development of "It's My Healthcare."

**Know how
to get the
best health care
For you and
your family**



It's my healthcare

A joint initiative of Westchester County
and representatives of the county's medical community



*By speaking up
for yourself,
you become an
active, involved
and informed
patient.*

Speak up if you have questions or concerns, and if you don't understand, ask again. It's your body and you have a right to know.

Pay attention to the care you are receiving. Make sure you're getting the right treatments and medications from the right health professionals. Don't assume anything.

Educate yourself about your diagnosis, your medical tests, and your treatment plan.

Ask a trusted family member or friend for help if needed.

Know what medications you take and why you take them. Medication errors are the most common health care mistakes.

Use a hospital, clinic, surgery center or other type of health care organization that you trust.

Put prevention into practice.

Remember:

- Make the most of every visit to the doctor.
- Follow up with medical problems.
- Take medicines properly.

Where do I begin?

Right here! Westchester County has developed some helpful strategies, communication tips and useful tools as part of the "It's My Healthcare" project.

- Look for the "It's My Healthcare" series of brochures and checklists for patients. Some of the topics include:

What is quality medical care and how do I recognize it?

What are the most important questions to ask my doctor?

What specific questions should I be asking about my specific health issue?

What do I need to know about my medications?

What do I need to know if my doctor recommends surgery?

- Visit the "It's My Healthcare" website www.westchestergov.com/itsmyhealthcare, where helpful information, checklists and brochures can be downloaded.
- Watch the "It's My Healthcare" video, an 8-minute video that shows you how to get the most out of a visit to the doctor.

Use these resources to improve the quality of health care for you and your family.

For more information, visit www.westchestergov.com/itsmyhealthcare

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