

"It's My Healthcare" is an educational initiative to help you understand how to partner with your doctor to get the best health care possible for you and your family.

In this brochure, you will get advice on how to work with your doctor once you have a diagnosis.

Use the list of questions included in this brochure to gain a better understanding of your diagnosis and what it will mean to you in the future.

You should be prepared to listen to what your doctor tells you about your diagnosis, available treatments and how changes in your lifestyle may help you prevent complications from your health condition.

You may want to take notes or bring along a friend or family member who can help you keep track of the information you are given and be supportive as you learn more about your recently diagnosed health condition.

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



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

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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

Did you receive a diagnosis?



It's my healthcare

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



Once you receive your diagnosis from your doctor, you may have many questions. Use this brochure to help organize your thoughts and make sure you get the most out of your health care.

Did You Recently Receive a Diagnosis?

- What is my diagnosis? _____
- What is the technical name of my disease or condition, and what does it mean in simple terms? _____
- What is my prognosis (outlook for the future)? _____
- What changes will I need to make? _____
- Is there a chance that someone else in my family might have or get the same condition? _____
- Will I need special help at home for my condition? _____
- Is there any treatment? _____
- What are my treatment options? _____
- How soon do I need to make a decision about treatment? _____
- What are the benefits and risks associated with my treatment options? _____
- Is there a clinical trial (research study) that is right for me? _____
- Will I need any additional tests? _____
- What organizations and resources can I turn to for support and information? _____

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