

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

In this brochure is advice on working with your physician to understand the benefits and risks of medical tests that have been recommended for you.

Use the list of questions included in this brochure to gain a better understanding of how the tests will help with the diagnosis or treatment of your health condition.

Be prepared to listen to what your doctor tells you about the tests. It can help to bring a family member or friend to your appointment. He or she can help keep track of what you learn and be supportive as you find out more about your diagnosis and treatment.

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



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

Joshua Lipsman, MD, JD, MPH
Commissioner of Health

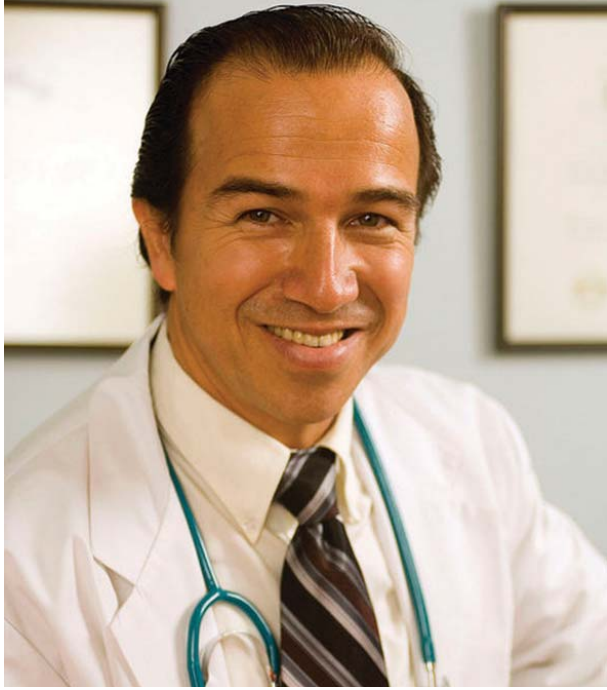
Thanks to the many representatives from Westchester's hospitals and health care centers and to the medical professionals who contributed to the development of "It's My Healthcare."

Know how to get the best health care When you are scheduled for medical tests



It's my healthcare

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



When your doctor recommends medical tests as part of your examination, 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.

Are You Scheduled To Have Medical Tests?

- What is the test for? _____
- How is the test done? _____
- Will the test hurt? _____
- How accurate is the test? _____
- Is the test the only way to find out that information? _____
- What are the benefits and risks of having this test? _____

- What do I need to do to prepare for the test? _____

- How many times have you performed the test? _____
- When will I get the results? _____
- What will the results tell me? _____
- What's the next step after the test? _____
- What could happen if I do not get the test? _____

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