

KNOW YOUR EMPLOYEE

BENEFITS



Be a Wise Health Care Consumer: Be P.R.E.P.A.R.E.D

An Acronym to Help You Make Better Health Care Decisions

These days, more and more consumers want to be involved in working with their doctors when making their health care decisions. In order to participate actively in your health care, you need to take action by empowering yourself with the knowledge of how to effectively communicate with your doctors. This will help you make a collaborative, informed choice about your care and treatments.

Being a better health care consumer is easy when you remember the acronym “**PREPARED**”.

P rocedure	What course of action is your doctor suggesting?
R eason	What harm is your health problem causing you?
E xpectation	What benefit can you reasonably expect from the recommended treatment?
P robability	What are the odds that you will achieve the benefits you're expecting?
A lternatives	What other choices are available?
R isks	What possible problems may occur as a result of treatment?
E xpense	What about costs? What will insurance cover?
D ecision	What other information do you need before you can make an informed choice?