

**Important Numbers:**

National Poison Control . . . . .1-800-222-1222

Centers for Disease Control  
& Prevention . . . . .1-800-311-3435

American Council for Drug Education . . .1-800-488-3784

National Institute of Mental Health  
Information Center . . . . .1-866-615-6464

Fire Station . . . . . \_\_\_\_\_

Police Station . . . . . \_\_\_\_\_

Primary Physician . . . . . \_\_\_\_\_

After-Hours Clinic . . . . . \_\_\_\_\_

24-Hour Nurse Hotline . . . \_\_\_\_\_

Emergency Room . . . . . \_\_\_\_\_

Insurance Policy Number \_\_\_\_\_



**United Health Foundation**

For more health care tips, visit [UHFTips.org](http://UHFTips.org).

**TAKE CHARGE OF YOUR CARE.**

**THERE ARE 126 SCHOOLS**

**IN THE COUNTRY THAT**

**TEACH YOU HOW TO BE A**

**PHYSICIAN BUT NOT ONE**

**FOR HOW TO BE A PATIENT.**



Do your homework. Gather as much trustworthy information as you can on your condition.



Bring someone with you for support when visiting your physician and to help you remember what was said.



Have key information with you, including your medical and medication history.



Take a notebook, ask questions and double-check your notes for accuracy.

## TAKE CHARGE OF YOUR CARE.

At United Health Foundation, we believe that the more you know, the healthier you will be. Which is why we partnered with the NATIONAL PATIENT SAFETY FOUNDATION® 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](http://UHFtips.org).



National Patient Safety Foundation®



United Health Foundation