

Important Numbers:

National Poison Control1-800-222-1222

Centers for Disease Control
& Prevention1-800-311-3435

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

National Institute of Mental Health
Information Center1-866-615-6464

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.

TAKE CHARGE OF YOUR CARE.

MEDICAL STUDIES INDICATE

MOST PEOPLE SUFFER A 68%

HEARING LOSS WHEN NAKED.

Scheitel S., Roland B., Wollan P., Silverstein M. Patient-Physician: *Agreement About Medical Diagnoses and Cardiovascular Risk Factors in the Ambulatory General Medical Examination: Mayo Clinic Proceedings. December 1996; 71(12): 1131-1137.



GETTING THE MOST OUT OF A VISIT TO THE DOCTOR'S OFFICE.

Take a friend, someone who will help you remember important information.



Educate yourself. Seek trustworthy information about illnesses or conditions that affect you.



Be up-front. Tell your doctors everything, or they might miss something important.



You have to ask in order to receive. If you want answers, you have to ask questions.

At United Health Foundation, we believe that the more you know, the healthier you will be. Which is why we partnered with the NATIONAL HEALTH COUNCIL 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.



NATIONAL HEALTH COUNCIL



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