

How Much Do You Already Know About Taking Charge Of Your Health?

Use the checklist below to identify where you are informed and where you might want to get more information.

Category of information	Very Informed	Somewhat Informed	Not Informed
Healthy lifestyle choices			
My options for primary providers			
My primary provider's philosophy of care			
My options for specialists (oncologists, gastroenterologists, etc).			
My options for hospitals			
Information about my condition or diagnosis (if relevant)			
My treatment options			
My healthcare coverage (for clinic visits, medications, physical therapy, diagnostic tests, procedures, lifetime limits)			
Healthcare costs			
Who acts as advocates for healthcare consumers			