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## ***Medical Homes Program***

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Dear Neighbor,

**Congratulations** on your enrollment into the Ingham County Health Plan (IHP)! You have or are in the process of establishing care with your assigned clinic—one that I hope is convenient for you. We want to continue to support your access to good quality healthcare and have designed this letter to provide some information on topics that are interesting, educational, and fun!

In order to get the most out of your appointment at your new ‘medical home’, it is important to **ask your doctor questions!** Dr. Robert Arnold explains, <sup>1</sup>*"There's a fair amount of data that patients have better outcomes if they understand, agree to, and follow the doctor's directions. Also, many decisions in medicine are based on what fits in your lifestyle or what your goals are. There's often more than one way to skin a cat, and a doctor won't know what works best for you unless you and he talk."*

### **Questions You Might Want to Ask Your Doctor**

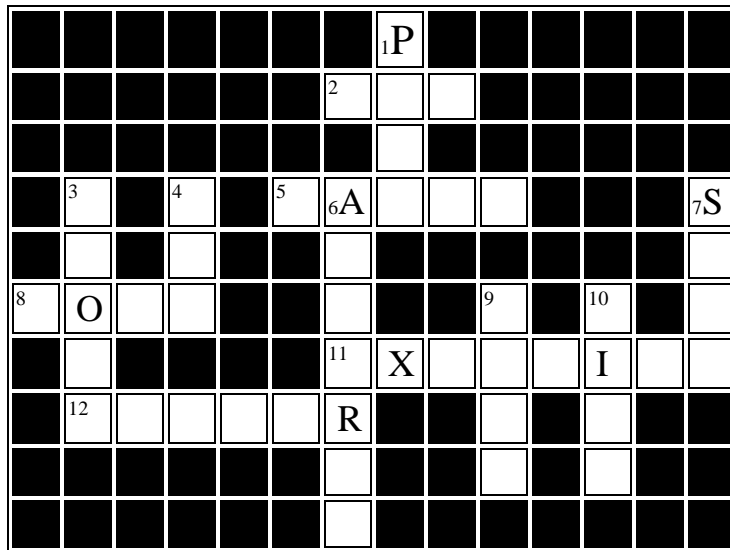
1. What is the test for? (If you are not clear about the purpose of a test or procedure your doctor is recommending).
2. What does that mean? (*Anytime* you don't understand something).
3. When will I get the results of that test (or procedure)?
4. What are the possible complications?
5. How do you spell the name of that drug?
6. Are there any side effects to the medicine you are prescribing for me?
7. Will this medicine interact with medicines that I'm already taking?
8. What can I do to lower my blood pressure besides take medicine?

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<sup>1</sup> For further information, go to [www.post-gazette.com](http://www.post-gazette.com)

Go to <http://ahrq.gov> and check out a funny two- minute video that shows people asking several questions to a waiter at a restaurant about food, but is silent when it comes to asking questions to their doctor about their own health. The website also has a complete list of questions that you can ask your doctor and offers an exercise to create your own list; so go check it out!

Here is a **crossword puzzle** with answers that can give you ideas of more health topics to discuss with your doctor. Complete the puzzle and turn it in to a staff member at the Allen Neighborhood Center for your chance to win a great **prize!**



**Across**

- 2. Fever, nausea
- 5. Always sanitize your \_\_\_\_\_ after blowing your nose
- 8. Coughing, congestion
- 11. walking, running, weight lifting
- 12. The \_\_\_\_\_ prescribes medicine

**Down**

- 1. Develop a \_\_\_ with your doctor that fits your lifestyle
- 3. 140/90 mm Hg is considered high \_\_\_\_\_ pressure
- 4. Talk to your doctor if you're always \_\_\_ it could be caused by depression
- 6. Itchy eyes, sneezing
- 7. A \_\_\_ throat makes food and drinks hard to swallow
- 9. \_\_\_ abuse has led to many problems in the community
- 10. Your \_\_\_ consist of what you eat

**No phone? No problem! No Internet? Don't stress! Stop by Allen Neighborhood Center and use our phone and internet service to handle your healthcare/medical needs! Come tell us about your medical home and how things are working out for you.** As always, feel free to give us a call for any reason! We love to hear from you!