

## Steps to Improve Your Healthcare Quality and Safety

1. If you are new to GlobalHealth, visit your PCP early in the year to get established. Have your medical records transferred to your new PCP.
1. Visit your PCP at least annually. Have preventive care services.
2. Write down your questions before your scheduled appointment.
3. Ask questions if you have any doubts or concerns regarding your treatment.
4. Keep and bring a list of all the drugs you take to each appointment. Include any over-the-counter drugs and supplements. Your PCP will look for drug interactions. Ask questions about new prescriptions – when and how to take them, if they have side effects, and what to avoid while taking them.
5. Get the results of any test or procedure.
6. Make sure you understand what will happen if you need surgery.
7. Talk to your doctor about all treatment options available to you. Discuss which choice your doctor recommends for your health needs and why. Make sure you understand what will happen if you choose not to treat medical conditions.
8. Make sure your PCP receives copies of records from any other physicians or facilities where you receive care.