



Navigating Healthcare

Presented By |
HealthCheck360



Agenda

Educating yourself

Advocating for yourself

Staying proactive



Educating yourself

Ask initial questions

Research your condition

- Choose reputable sites
 - Clinic sites
 - Medical associations
 - Non-profit research organizations
- Remember, you are not the expert

Build a network you trust

- Family
- Friends
- Healthcare professionals



Educating yourself

Choosing the right setting

- Virtual
 - Mild illnesses or concerns
 - Follow up with a known condition
 - Medication refills
 - Mental health check-ins
- In-person
 - Routine check-ups
 - Physical exams
- Urgent care
 - Non-life threatening but need same-day attention
- Emergency Room
 - Life-threatening or severe symptoms





Advocate for yourself

Organize your medical information

- Decide on a secure storage method
 - Digital
 - Cloud, apps, spreadsheets, folders
 - Paper
 - Binder, file box/cabinet, medical journal
- Gather documents and organize
 - Personal information
 - Medical history
 - Medications
 - Labs
 - Treatment plans
 - Appointments and providers
 - Insurance and billing
 - Advance directives
 - Summary sheet for emergencies
- Keep it updated





Advocate for yourself

Communicate effectively and often

- Be open and honest
- Ask questions



Be proactive

Go to appointments

Get regular screenings

Stick to the plan

Live a healthy lifestyle





Summary

Healthcare can be hard to navigate

Do your research

Organize your care

Use support available to you

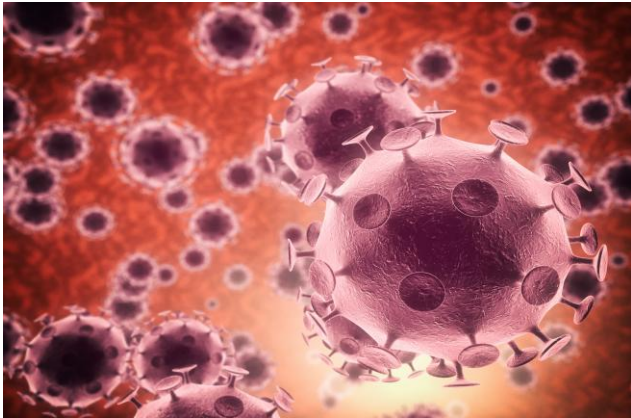
Be an active participant in your health



Upcoming Webinars

Strengthen your Immune Health

Staying healthy during cold and flu season can be challenging. Get valuable tips on strengthening your immune system to fight off illness and feel your best.



November 5

Beat the Winter Blues

This season can take a toll on our mental health. Find out ways you can avoid the winter blues and discover how to make the most of the winter months.



December 3

Lifestyle Rewards



1. **True or False: You can research conditions you have on reputable websites.**
 - a) True
 - b) False
2. **What is an example of when virtual care would make sense?**
 - a) Broken bone
 - b) Mild illness
3. **What is one way to store your health information?**
 - a) Binder in a secure place
 - b) On your social media page

*** If your company has elected questions for lifestyle rewards, it will be noted when you submit on your account.**



Get in Touch

Social Media

- www.facebook.com/healthcheck360
- www.healthcheck360.com/blog
- www.instagram.com/healthcheck360/
- @HealthCheck360 or #HealthCheck360

Watch past webinars and register for upcoming

- www.healthcheck360.com/blog

Contact a Health Coach

- 1-866-511-0360 or healthcoach@healthcheck360.com



Questions?

