

## BETTER HEALTH ACTION PLAN

Because great healthcare doesn't just happen.

Having an action plan for your healthcare should be a priority. These eight tips will help ensure you stay healthy today and are prepared for the future.

### 1. DESIGN A HEALTHCARE PLAN

Your plan should include your goals for improving or maintaining your current health. Good nutrition and regular exercise are two of the best ways to keep you healthy and prevent disease.

### 2. IDENTIFY A PRIMARY CARE PHYSICIAN (PCP)

Your PCP connects the dots on your total health profile. Identifying the best PCP means finding someone you feel comfortable with and can trust. Everyone should have a PCP, whether or not your insurance provider requires you to have one.

### 3. GET REGULAR HEALTH CHECK-UPS AND VACCINATIONS

Even if you don't feel sick, make sure to visit your PCP annually to stay up-to-date on routine immunizations, health screenings and flu shots.

### 4. SIGN UP FOR THE RIGHT INSURANCE PLAN

A good insurance plan meets your current needs, including health, vision, dental and prescription drug coverage. The best insurance plan provides coverage for unanticipated healthcare needs. Navigating your insurance coverage is challenging, but it is worth the time and effort.

### 5. KNOW YOUR MEDICAL HISTORY

Awareness of your current health profile, your medical history and your family's medical history is vital to your healthcare providers. The more you know, the more they can help you.

### 6. BE PREPARED FOR EMERGENCIES

Plan ahead so when an emergency strikes, you know what to do, where to go, and who to call. Make sure you know where the closest emergency rooms and urgent care centers are located.

### 7. GET YOUR LEGAL AFFAIRS IN ORDER

Advanced directives are legal documents that outline your preferences for medical care. Also known as a medical power of attorney, a healthcare proxy appoints a trusted individual to make healthcare decisions for a patient in the event that he or she is incapacitated. You'll also want to consider creating a living will, which outlines a patient's wishes for end-of-life care.

### 8. IDENTIFY YOUR HEALTH CARE ADVOCATE

Identify a family member or friend who is familiar with your general health and any medical, dental, psychiatric, recovery or rehabilitation needs to help you navigate the healthcare system. Alternatively, connect with a professional healthcare advisor who will act as your advocate every step of the way. Together, a health advisor will help you plan for better health.