

# Terrific tools to help manage your health care

From learning how to speak to your doctor about an embarrassing problem to what you need to know before you throw away your prescription medicine, we have the information you need for your self-education in one place, sourced from trusted authorities and developed with Canadian Health Experts.

Simple, straightforward, interactive – everything on [morethanmedication.ca/health](https://morethanmedication.ca/health) is designed to make it easy for you, to help you manage your and your family's health.




## Like what you just read?

Get more ideas on small things you can do to stay healthy at [morethanmedication.ca/health](https://morethanmedication.ca/health)

For more information, videos, audios and tools, check out the following articles at [morethanmedication.ca/health](https://morethanmedication.ca/health)

Easy Ways to Get More Fibre in Your Diet | Top Moves to Relieve and Prevent Joint Stiffness  
How To Get the Sleep You Need

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# Take charge of your own health

Taking care of yourself and your family involves working with a team of healthcare professionals, and it's important that you get the most out of your interactions with them. The best way to do that – and manage your overall health – is to get the right tools and learn how to use them.

Pfizer is committed to helping you discover the simple things you can do every day that will improve your mental and physical health. Because we believe to be truly healthy, it takes more than medication.

See our **HEALTHY LIVING** insert in this issue.



*Working together for a healthier world™*

[morethanmedication.ca/health](https://morethanmedication.ca/health)



# Are you managing your health care?

Take our quick quiz and find out! Answer “yes” or “no” to each of these questions.

1. Do you know how to prepare for your next doctor’s appointment?
2. Do you keep track of your medical history?
3. Have you talked to your parents about planning for their future medical care?
4. Do you know the top 5 first aid items you should have at home?
5. Do you know what services your health care professionals can offer?
6. Do you know how to respond if diagnosed with a medical problem?

If you answered “no” to three or more of these questions, then it’s time to learn more and discover the tools that can empower you.

For useful tips and tools, check the following at [morethanmedication.ca/health](https://morethanmedication.ca/health)

What to Bring to Your Next Doctor’s Appointment | Your Health Journal



## How to communicate effectively with your health care team

Need someone who understands and can provide you with specific answers? Search our unique database of non-profit Canadian organizations to find support groups on a broad range of disease areas and health topics in the “Find Support” section at [morethanmedication.ca/health](https://morethanmedication.ca/health)

### Here are a few tips:

1. Take notes on what the doctor tells you. Don’t be afraid to ask questions if a medical term or recommendation is unclear.
2. Discuss the most important matters first.
3. Be precise when describing your symptoms. Use descriptive words to convey meaningful information about your symptoms or pain.
4. Speak openly about all your concerns. No problem is too embarrassing to discuss with a health care practitioner.
5. Ask your doctor and pharmacist for brochures, handouts, or web site information that you and your family members can review at home.