

THE SAVVY HEALTH CARE SHOPPER

# GETTING HIGH-VALUE HEALTH CARE



*"I want to make sure I'm getting the right care for me, when I need it."*

*"I want to feel respected, listened to and understand the care I'm getting"*

*"I don't want to pay more than I have to for health care."*

**QUALITY**



**PATIENT EXPERIENCE**



**COST**



	QUALITY	PATIENT EXPERIENCE	COST
<b>DURING OPEN ENROLLMENT</b>	Compare the quality of medical groups and hospitals in your network at <a href="http://www.wacommunitycheckup.org">www.wacommunitycheckup.org</a>	Compare patient experience at clinics and medical groups in your network at <a href="http://www.wacommunitycheckup.org/your-voice-matters">www.wacommunitycheckup.org/your-voice-matters</a>	Make sure all of your doctors, medical groups and hospitals are in your health plan's network.
<b>BEFORE A VISIT</b>	Come prepared with a list of issues and questions that are important to you.	Consider what you think is important for this visit.	Visit your primary care provider or urgent care clinic instead of the emergency room whenever possible.
<b>DURING A VISIT</b>	Make sure you understand your diagnosis and any recommended treatments.	Ask questions and take notes.	Ask about cost and alternatives for any recommended test, procedures or medications.
<b>AFTER A VISIT</b>	Stay on top of your health by following your doctor's advice and taking prescribed medications.	If your expectations aren't being met, talk with your doctor about your concerns or think about finding a new doctor.	Make sure your providers and hospitals are in-network for any recommended follow-up procedures.

**BECOME A SAVVY HEALTH CARE SHOPPER.**

**We should all be savvy shoppers when it comes to our health. You have the right to demand high-value care at every step. Visit the Community Checkup to learn more: [www.wacommunitycheckup.org](http://www.wacommunitycheckup.org).**

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