

Fact: It doesn't take a
brain surgeon to cure a cold.



Use health
care **wisely.**



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Being a good consumer of health care helps make it more affordable for everyone.

- Make informed choices of when, how and from whom you receive medical care.
- Ask your doctor to suggest a medical guide you can use to recognize early signs, symptoms and remedies for potential health problems. Consult a doctor when needed.
- Eight out of 10 health problems can be treated at home, so use self-care health remedies whenever appropriate.
- Avoid unnecessary hospitalizations when outpatient services are available.
- Learn if public health centers in your area offer immunizations free of charge or for reduced cost. Share the results with your doctor.
- Schedule the health screening tests recommended for your age, sex and risk group.