

Sample Press Release

In an effort to help members of our community to be better health care consumers,
_____ is promoting Wise Health Consumer Month.

Organization Name

During February, _____, is sponsoring a number of activities

Organization Name

including _____.

Activities

The primary goal is to teach people how to be more involved in their own health care. Examples of how this can occur are highlighted in the following list.

10 Tips for Being a Wise Health Care Consumer

1. Take the time to carefully select a doctor or health care provider. Ask friends or relatives for recommendations. Investigate whether or not the doctor participates with your health insurance plan.
2. Prepare for visits to your health care provider by compiling lists of questions or concerns you wish to discuss during your appointment. By making the most of the time you have, you can avoid unnecessary calls and repeat visits.
3. Ask questions about medications you are prescribed. Understand why you are taking it and how it should be taken. Finish all medications, even if you are feeling better.
4. Keep a checklist of all medications you are taking and share this list with your health care provider. This is especially important if you are seeing more than one doctor.
5. Be aware of routine medical tests and examinations, and the recommended times to have them. You may be able to avoid unnecessary and expensive tests.
6. Use home medical tests when available. They are less costly and can be used without a visit to the doctor.
7. Keep a well stocked home pharmacy with commonly used medicinal items. This can help you deal with common problems and save costly trips to the doctor or emergency room.
8. Understand your health insurance plan. A list of basic questions about what is covered and knowing the answers to these questions can save time and money,
9. Take care of your mental health as well as you would your physical health. States of emotional upset can interfere with daily living routines, and can ultimately affect you physical well being.
10. Keep a list of health agencies handy as a reference. Most are available by phone, fax or email and can serve as a resource for free information and support.

If you would like to learn more about Wise Consumer Health Month and how you can participate in the events
_____ has planned for the month of February, please call _____ for more

Organization Name

Telephone #

information.