

# A Top 5 List for...

## *Families to be Wise Healthcare Consumers*

-  **1. Embrace the difference** between health and health care and understand your role in both.
-  **2. Get to know your primary care provider** and the key office staff, they are the “Quarterback” of your Medical Home Team!
-  **3. Avoid the emergency room when possible.** Talk to your provider before you consider going to the ER.
-  **4. Carry your insurance card with you at all times.** Keep an extra copy in your car.
-  **5. Keep a list of your medications with you,** as well as, those of your family members (spouse, kids, parents). Utilize technology!