



# Wellness by the Month

## Becoming a Wise Health Care Consumer

HAP has an interactive educational program called “*Becoming a Wise Health Care Consumer*” that will help you take a more active role in your health care. Learn how to understand your health plan better, choose a Personal Care Physician, manage your prescriptions and access health care wisely and safely.

### **Why Should I Become a Wise Health Care Consumer?**

A wise health care consumer is someone who understands their health plan, feels confident asking questions of their health care provider and uses health care services appropriately. A wise health care consumer is empowered to take an interest in their health and play a more active role in controlling the services they receive.

### **How Can I Become a Wise Health Care Consumer**

You can learn how to become a wise health care consumer by accessing the HAP web site at [www.hap.org/whcc](http://www.hap.org/whcc) and either preview or begin the program. Anyone can learn from these programs. You **do not** have to be a HAP member to access this great information.

You will be able to choose from nine different modules which include:

- ◇ Choosing and Using a Health Care Plan
- ◇ Choosing a Personal Care Physician
- ◇ Prescription Medication Management
- ◇ Emergency vs. Urgent Care
- ◇ Prevention and Self-Care
- ◇ Chronic Health Conditions
- ◇ Patient Safety
- ◇ HAP Online Resources
- ◇ Privacy Rights

So jump in the driver’s seat on the road to *your* health and become a Wise Health Care Consumer today.