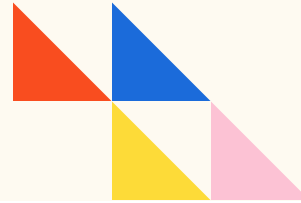




# Success in Healthcare 101

Navigating healthcare for the first time as an adult can be challenging. Here are some easy tips to help the transition go smoothly.



Know your insurance	Know what medications you take	Know your personal and family medical history
		
<p>Bring your insurance card to every appointment</p>	<p>Bring a list of your medications (including over the counter medication) to your appointment.</p>	<p>Any allergies or chronic conditions? Do you have a family history of heart disease, high blood pressure, diabetes, asthma, sudden death, etc.</p>

**Plan ahead!** Scheduling appointments can take a lot of time. You can expect to wait anywhere from 3 weeks to 3 months to get an appointment with your primary care provider. Plan ahead of time!

**Preventative care vs problem focused care :**

- **Preventative:** For healthcare maintenance only. Yearly physical exam, vaccines, dental cleaning, etc
- **Problem focused:** For health concerns that arise during the year, surveillance/management of acute and chronic conditions

	<p>STOP BUGGING ME!</p>	<p>No glove, no love. Use a condom with all new sex partners</p>
	<p>YES MEANS YES!</p>	<p>Consent is essential, an ongoing conversation, and can be withdrawn at any time. If someone is intoxicated, they cannot give consent.</p>
	<p>DON'T BOOZE AND CRUISE</p>	<p>Do not operate or get into a car with someone who is under the influence of drugs or alcohol.</p>
	<p>CATCH SOME ZZZzs</p>	<p>Aim for 7-9 hours of sleep per night. Avoid using your phone 30 minutes before bed.</p>
	<p>GET SWEATY</p>	<p>Get outside, go to the gym. Aim for 30 min moderate intensity exercise 5-7 days/week</p>
	<p>FUEL YOUR BODY</p>	<p>Eat at home. Avoid processed foods. Eat the colors of the rainbow. Soda for special occasions only.</p>

