**THE SAVVY HEALTH CARE SHOPPER**

**GETTING HIGH-VALUE HEALTH CARE**

<table>
<thead>
<tr>
<th>QUALITY</th>
<th>PATIENT EXPERIENCE</th>
<th>COST</th>
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<tbody>
<tr>
<td>Compare the quality of medical groups and hospitals in your network at <a href="http://www.wacommunitycheckup.org">www.wacommunitycheckup.org</a>.</td>
<td>Compare patient experience at clinics and medical groups in your network at <a href="http://www.wacommunitycheckup.org/your-voice-matters">www.wacommunitycheckup.org/your-voice-matters</a></td>
<td>Make sure all of your doctors, medical groups and hospitals are in your health plan’s network.</td>
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**DURING OPEN ENROLLMENT**

**BEFORE A VISIT**

- Come prepared with a list of issues and questions that are important to you.
- Consider what you think is important for this visit.
- Visit your primary care provider or urgent care clinic instead of the emergency room whenever possible.

**DURING A VISIT**

- Make sure you understand your diagnosis and any recommended treatments.
- Ask questions and take notes.
- Ask about cost and alternatives for any recommended test, procedures or medications.

**AFTER A VISIT**

- Stay on top of your health by following your doctor’s advice and taking prescribed medications.
- If your expectations aren’t being met, talk with your doctor about your concerns or think about finding a new doctor.
- Make sure your providers and hospitals are in-network for any recommended follow-up procedures.

**BECOME A SAVVY HEALTH CARE SHOPPER.**

We should all be savvy shoppers when it comes to our health. You have the right to demand high-value care at every step. Visit the Community Checkup to learn more: www.wacommunitycheckup.org.

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