

Take Charge of Your Care

You are the center of your healthcare team. Let this special guide help you get the best results from your hospital stay.

You're in charge.

You are the center of your healthcare team. Know what's happening every step of the way.

Always double-check.

Pay attention and make sure you are getting the right treatments and medicines from the right hospital staff.

Know your medicines.

Understand what they treat, why you need them and how to take them for the best results.



Speak up.

Ask questions and voice concerns. It's your body and you have the right to know.

Educate yourself.

Learn about your medical condition, tests and treatment options.



Find a support person.

Pick someone to help speak up for your care and needs during your stay.

Check before you go.

Make an informed decision when selecting additional healthcare services. Choose only accredited providers who meet patient safety and quality standards. Go to www.qualitycheck.org to learn more.