

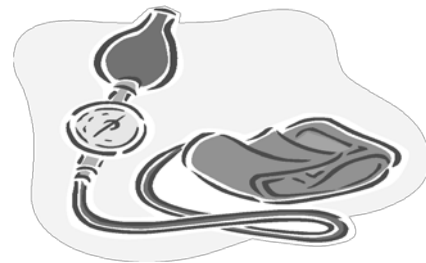
## What Does Quality Health Care Mean To Me?

All patients are different, so you should always talk with your doctor about the best care for you. A lot of research has been done to find ways to help people with chronic conditions stay as healthy as possible. The results of this research have been used to set standards of care for people with these conditions. These standards tell what types of care you should be getting to make sure that problems are caught early and serious complications are avoided.

If you have an ongoing health condition, you will want to be sure that the care you are getting follows these standards. To do this, you will need to find and use information about these standards.

For example, if you have diabetes, you will find that some of the standards include:

- Getting your blood sugar (A1c) tested every three months by your doctor and having a value of lower than 7 percent.
- Getting your blood pressure checked at every doctor visit and having a value of less than 130/80 mmHg.
- Getting your cholesterol checked at least once per year and having a LDL value of lower than 100 mg/dL.



# I CAN! CHALLENGE

You are likely receiving good quality care if you are getting all of these tests at the right time and you and your doctor are working to keep things like your blood pressure or blood sugar at the right level.



To learn more about the recommended care for your condition, visit the South Central Pennsylvania Aligning Forces for Quality Web site at [www.aligning4healthpa.org](http://www.aligning4healthpa.org). For this week's Challenge, look for the list of additional Web sites that offer information on recommended standards of care.

\*Much of this chapter was adapted from the National Business Group on Health's "Communication Toolkit: Using Information to Get High Quality Care."

<http://www.businessgrouphealth.org/benefitsttopics/communications/topic1.cfm>