



Consumer Health Decisions

Introduction

This series of short educational articles are adapted from the Consumer Health Decisions Power Point presentations.

For more in depth information, check our website www.uwex.edu/ces/flp/chd

Suggestions for use by HCE clubs or other groups include:

- Study one article each month and use the discussion questions to share personal experiences and wisdom.
- Use as a part of a 'health month' emphasis. Have members each take a topic and discuss at the club meeting.
- Print in your HCE newsletter.
- Partner with your Family Living Educator and offer your community a workshop highlighting one of the three topics available on power point presentations:
 1. Choosing a Health Care Provider
 2. Communicating with Your Health Care Provider
 3. Gateway to Health – Reliable Information on the Internet
- Use with other groups you are connected to; service organizations, senior centers, church groups, 4H and County Fairs. Display boards to further emphasize your message are available through the UW-Extension Media Center <http://www.uwex.edu/ces/media/> or (800) 353-3514.