

Steps to Safer Behavioral Health Care

1. About Your Healthcare:

- Ask questions: Speak up if you have concerns. It's okay to ask questions and to expect answers you can understand.
- Choose a behavioral healthcare professional with whom you feel comfortable talking to about your behavioral health and treatment.

2. About Your Medications:

- Keep a list of all medications you take.
- Tell your PCM, behavioral healthcare professional and pharmacist about all the medicines you take, including any over-the-counter medicines and any drug allergies that you may have.

3. About Test Results:

- Make sure you get the results of all tests and procedures.
- Ask when and how you will get the results.

4. About Hospital Care:

- Talk with your behavioral healthcare professional about your options if you need hospital care.
- When you are discharged from the hospital, ask your behavioral healthcare professional to explain the discharge plan you will use at home, and the date and time for your follow-up visit.
- Ask your pharmacist about side effects and what foods or other things to avoid while taking medications.
- Read the label, including warnings. Make sure you receive the medication that was prescribed for you and you know how to take it.
- If the medication looks different than you expected, ask the pharmacist about it.
- Learn about your condition and treatments by asking your behavioral healthcare professional to explain.
- Make sure your PCM is aware of your behavioral healthcare.

**Call ValueOptions today.
(800) 700-8646**

