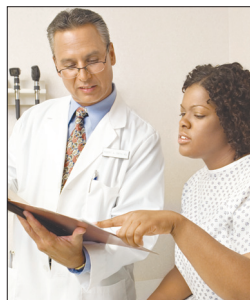




Alex Paulson is a retired fireman. A favorite uncle. And a great patient.

He asks questions about his treatment. Listens closely to the answers.

Better health care can be a simple matter of better communication and better understanding. Just ask Alex Paulson. He writes everything down—from symptoms he’s having, to medication questions, to any other health concerns he has—*before* his doctor’s visit. He makes a quick note of what the doctors or nurses said, right *after* his visit. And if



there’s something he still doesn’t understand, he calls the office to clarify. He’s not a pest. He’s an informed patient. Who knows that getting the health care he deserves is sometimes as simple as... just asking. And making a note of it.

Visit our website for more tips about getting the best health care for you.

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