



CHAPTER 2

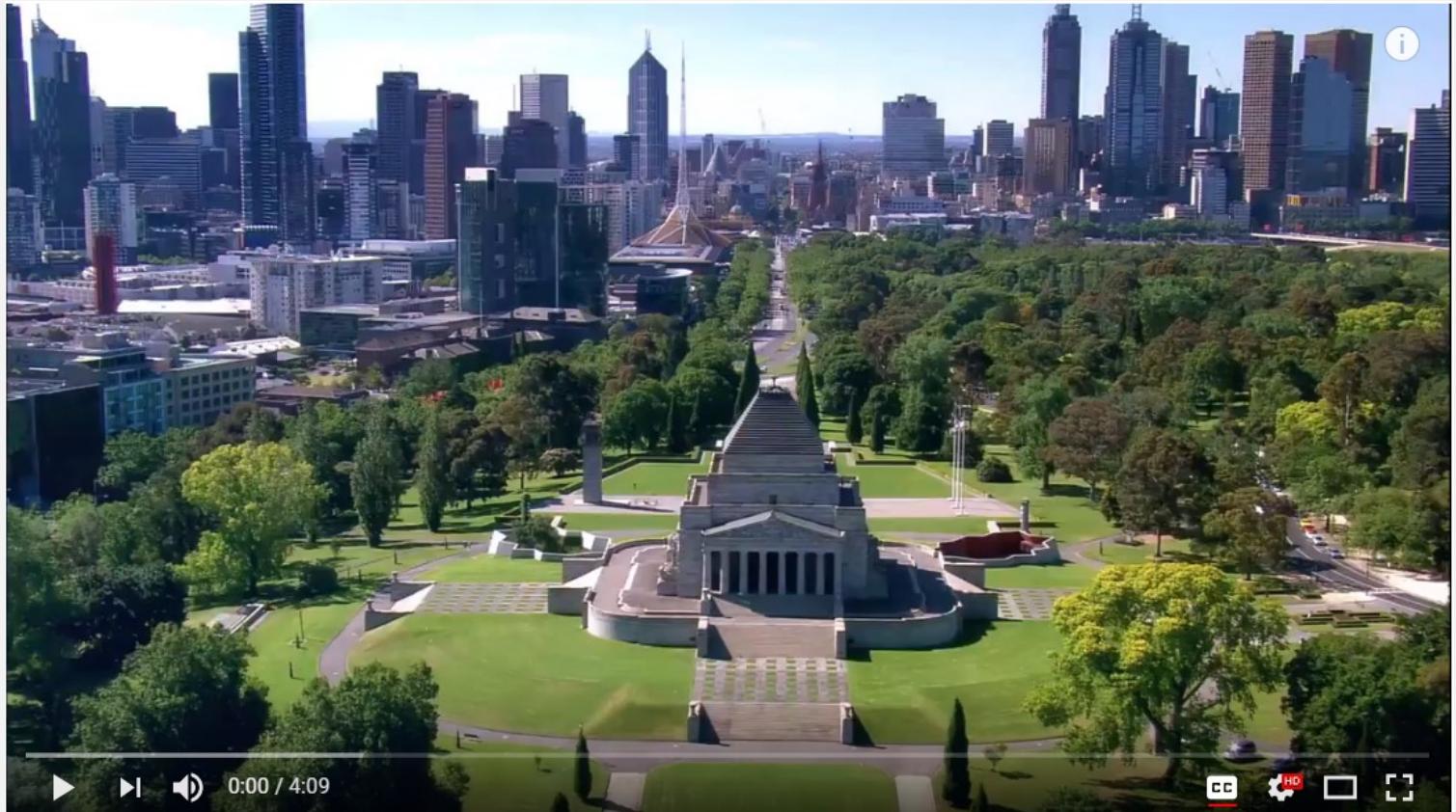
SEEING A DOCTOR

When to See a Doctor

See a doctor can sometimes be intimidating, it shouldn't be! Doctors are professionals, whatever your concerns are, from financial to personal, understand that almost everything is covered under doctor patient confidentiality. Here are a few things one should consider before going to see a doctor

- ❖ Is doctor currently accepting new patients?
- ❖ What different kinds of insurance plans are on offer?
- ❖ Is this doctor affiliated with any other hospitals or specialty centers?

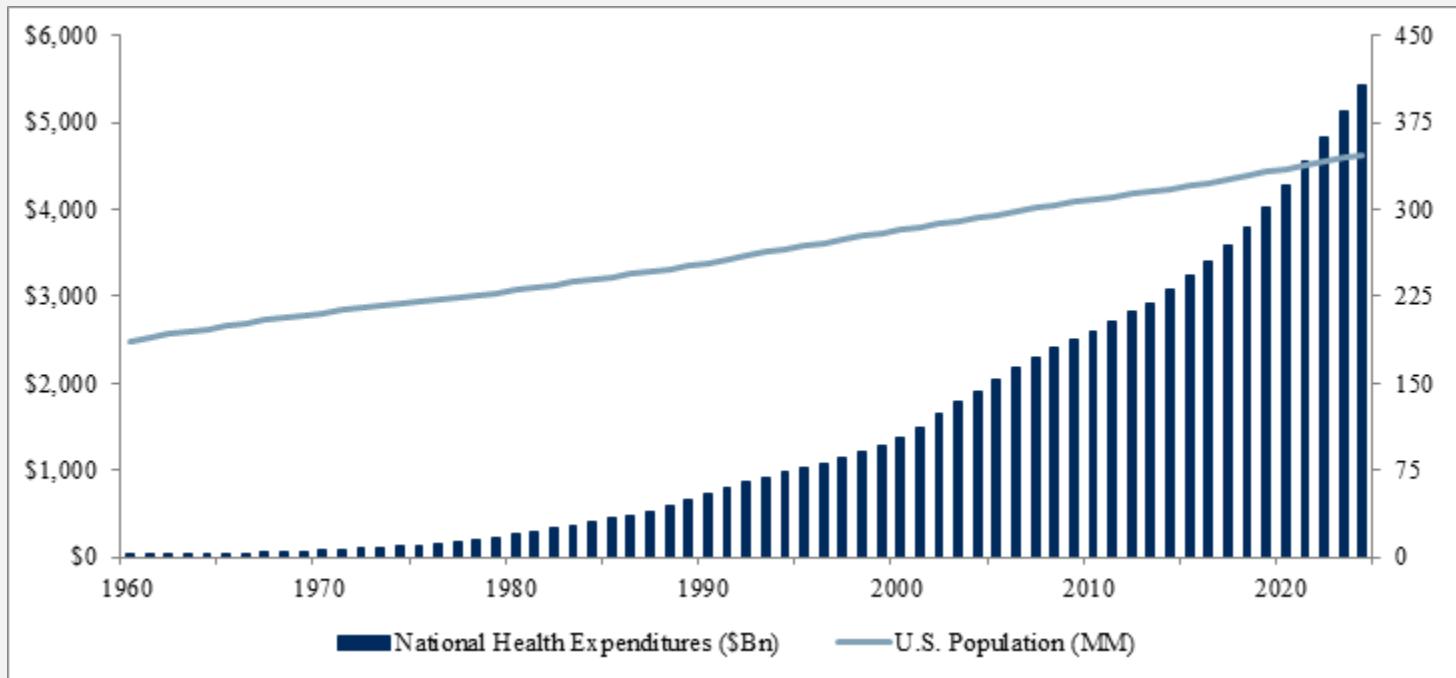
[Click of the video below to learn more!](#)



Complementary and Alternative Medicine (CAM)

- ❖ These healthcare solutions are typically not covered under most insurance plans, so make sure to check with your healthcare provider before seeing one of these practitioners. The practices used here are usually in conflict with or completely unrelated to the advances and insights of modern Western medicine. This makes the results they promise inherently more unreliable, so make sure to thoroughly vet the practitioner(s) before beginning treatment. Money could be wasted, but more importantly, your health could also be in grave danger if an experiment goes wrong.
- ❖ Most common among college students are herbal supplements such as “cleansers” and “anti-toxin” supplements. Many providers say that their method is “natural,” but this does not always translate into safety, so buyer beware.
- ❖ The most important thing when pursuing complementary or alternative medicine, always make sure to consult with your primary care physician; even if they don’t have specific recommendations, they can make sure that your complementary treatments do not have dangerous conflicts with any other medications or treatments you are currently receiving.

Paying for Healthcare



Source: Evercore ISI

The cost of healthcare in the US has increased dramatically over the last few decades. In fact, the rate of increase has itself actually been increasing. If you are under 18 or in some cases, under 21, you will most likely be covered under your parents' health plan. When you reach adulthood however, you will be faced with a very big decision. Which healthcare plan should I choose? In most cases, you may be able to obtain health coverage through your employer. If not, you need to make the following considerations:

- ❖ Which policies do I qualify for?
- ❖ Do I have any pre-existing conditions?
- ❖ What policies fit my budget?
- ❖ Do my preferred healthcare advisors recommend certain plans?

Valuable Resources

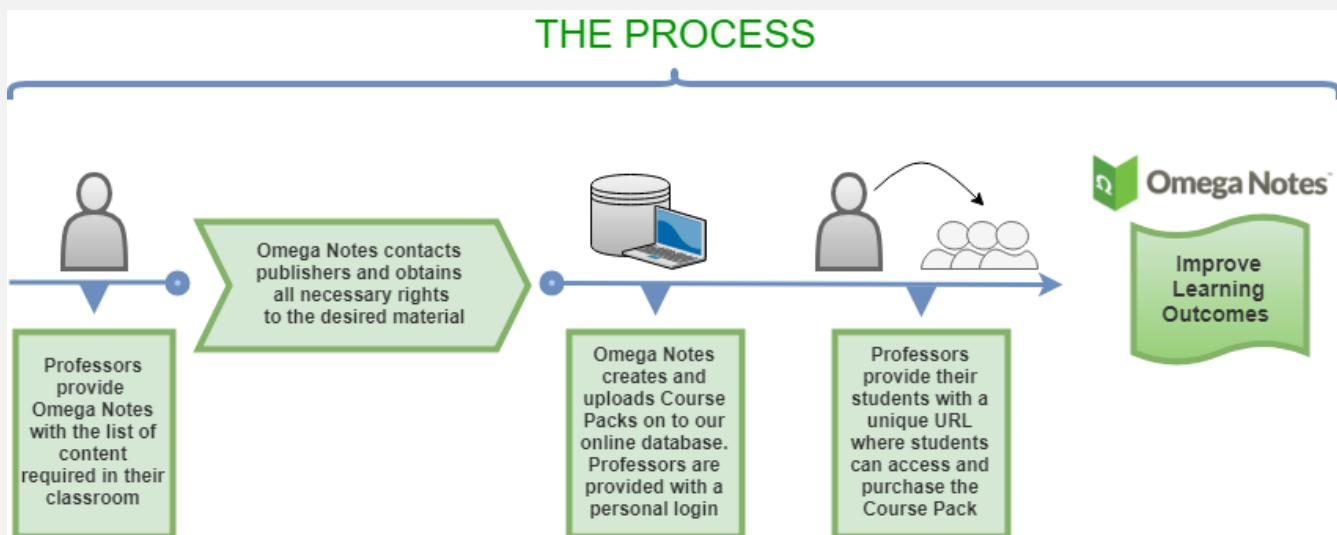
The sources below provide more information on Consumer health and other related topics. Have a look!

Articles & Videos

1. Bernard Becker ([Link](#))
2. American Heart Association ([Link](#))
3. Consumer Health Informatics ([Video Link](#))

Want to get started with a Course Pack for your Class?

Below is an overview of course pack creation. This process can take 1-3 weeks depending on the content needed. Please send a list of materials you would like, their respective amounts, and the number of students in your class to your Omega Notes representative. We look forward to helping you maximize learning outcomes.



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