

## My Rights as a Patient

<b>Right to:</b>	<b>This Means the right to:</b>
<b>Appropriate Medical Care and Humane Treatment</b>	Good medical care and kind treatment
<b>Informed Consent</b>	Choose to allow for someone to treat you
<b>Privacy and Confidentiality</b>	Having your information not be shared with anyone unless if you say they can
<b>Information</b>	Know what your care providers know about you
<b>Choose a Health Care Provider and Facility</b>	Choose who treats you and where you are treated
<b>Self-Determination</b>	Have control over what happens to you while being treated
<b>Religious Belief</b>	Practice any religion even while being treated
<b>Medical Records</b>	See what is being written about you and the results of tests that have been done on you
<b>Leave</b>	Stay or go from where you are being treated
<b>Refuse Participation in Medical Research</b>	Say no if you are asked to be a part of research
<b>Correspondence and to Receive Visitors</b>	To allow or not allow people to talk, send letters, and visit you while getting care
<b>Express Grievances</b>	Speak up about your care either good or bad
<b>Be Informed of Rights and Obligations as a Patient</b>	Be told what your rights are as a patient and what you have to do as a patient

### **For More Information on Your Rights**

<https://samch.doh.gov.ph/index.php/patients-and-visitors-corner/patients-rights>

<https://www.mass.gov/service-details/information-for-immigrant-patients-and-their-health-care-providers-on-immigration>

### **For More Information on Insurance**

<https://www.mass.gov/topics/masshealth>

### **Questions to Ask Your Care Provider**

#### **During a routine Check up**

- How often should I have a checkup?
- Is my weight and blood pressure healthy for my age?
- Do I need to continue to take my current medications?
- What screening tests are recommended for me?
  - What will these tests tell me?
  - What do the results of these tests indicate?
- What health goals should I set?
- What lifestyle changes can I do to improve my health?
  - Consider mental health as well

#### **During a specific visit for a concern or condition**

- What is my diagnosis?
- What has caused my symptoms?
- What are my treatment options?
- What are the side effects or risks of the treatment?
- Are there alternative options to treatment?
- What will happen if I do nothing?
- What are my next steps?
- What will my insurance cover and not cover?

#### **Always Good to Ask**

- What is my main problem?
- What do I need to do?
- Why is it important for me to do this?