

## Helpful Info on Navigating the Healthcare System.

- Remain calm and firm when requesting, denying, asking or speaking to health professionals.
- Do not disclose your Social Security Number.
- Don't Trust the (EHR) Electronic Health Record and Verify your treatments ordered & info/ notes recorded.
- Keep your own notes of appointments, hospital visits and what procedures/treatments/meds were ordered.
- Fight hard to stay with patient in the hospital. This reduces errors and deaths.
- Make sure your doctor isn't putting you in a research program along with your treatment plan.
- Ask for a paper prescription & use compounding and/or private pharmacies.
- Refuse to sign the HIPAA notice of privacy practices acknowledgement statement.
- Only sign for Treatment and Payment, have them separate them, if needed, from the 'consolidated' 'multi-content' one-signature forms.
- Refuse to sign on the digital tablets, ask for a paper form then decide to sign.
- Refuse to fill out surveys, family history questionnaires. "They do not pertain to your visit."
- Refuse "home visitors" that are sent from hospitals, clinics or the government agencies. You are borrowing trouble.
- Always ask the medical credentials of the person helping you in the hospital/clinic. (MD, DO, RN, NP, PA, CMA...)
- Search for doctors that does not use a 'connected to the government' EHR Electronic Health Record. [jointhewedge.com](http://jointhewedge.com)
- Try to move out of the government control health insurance model and into the Direct Pay or Concierge and/or Health Sharing models of health care. [AAPSONline.org](http://AAPSONline.org) [CCHfreedom.org](http://CCHfreedom.org)
- Find a nurse advocate that can help you navigate the hospital system if you or a loved one is trapped . American Frontline Nurses <https://www.americanfrontlinenurses.org>
- Get your house in order. Have necessary medications on hand (western, homeopathy, naturals etc), build a first aid kit, have an ER plan in case of emergency.
- Fill your library with health/medical books: Nurses Drug Guide or PDR, homeopathy manuals, Dr Christopher's School of Natural Healing etc...
- Invest in good clean food and water now, so you won't pay in hospital bills later.  
[WestonAPrice.org](http://WestonAPrice.org)

### References:

Big Brother in the Exam Room by Twila Brase RN, PHN  
<https://www.cchfreedom.org/ehrbook.php>

Common Sense Medicine Jeff Danby published by AAPS  
<https://aapsonline.org/commonsense-book/>