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| **Planning and coordinating**  **Healthcare | 为医疗健康做计划** | |
| 人人都可以看护自己的健康。  积极了解与自己的健康相关的信息和医疗选择，就可以为自己和身边的人做出知情决定。  看护自己的健康时，要考虑六个主要方面。  准备与收集资料  做出治疗和护理方面的决定  开诚布公地沟通  观察健康状况和立下目标  了解医疗费用  寻求帮助与支持  做好准备，带上约见医生时所需的物品，以及打算向医生提出的问题。  做好准备也意味着搜集可靠的医疗知识信息，了解自己的病情。  如果服用药物，要花时间了解该药，包括药的适应症，用药指示，以及可能出现的副作用。  要搜集可靠的资料，例如医生诊所、药房、社区健康中心等提供的小册子。  例如 Better Health Channel等政府认可的网站或应用程序也是可靠信息的来源。 |  |
| Managing your health is something you can do.  By being active and informed about your health, and aware of the healthcare options, you can make the most informed decisions for your needs and for those you care for.  There are six key areas for you to consider when managing your healthcare.    Preparation and research.  Making decisions on treatment and care.  Communicating openly and honestly.  Monitoring health and setting goals.  Understanding healthcare costs and payment.  And seeking help and support.  Being prepared includes taking the things you need to your healthcare appointment, including a list of questions you want your healthcare professional to answer.  Being prepared is also about seeking reliable health information to educate yourself about your health issues or medical conditions.  If taking medication, take time to understand your medication, including what it is specifically for, any special instructions, and potential side effects.  When researching, seek out reliable sources such as from pamphlets at a doctor surgery, pharmacies, and community health centres.  Government endorsed health websites and apps such as Better Health Channel, are also a reliable source of health information.  做医疗决定之前，要与医疗团队坦诚交流，确定您明白所有的选择以及其优缺点。  如果不确定医生的诊断或建议，可以询问第二个医生的意见。  计划也包括为自己的健康订立目标，并找到能监视进展的方式。  计划未来时，应该对未来的健康情况有现实的看法，并与医生讨论。  要将预防措施纳入计划中，例如经常去医院做健康检查改善饮食或增加运动量，这些都对健康有益。  如果服药，应该定期与医生回顾用药情况。  观察身体迹象和症状的改变也是非常重要的。  一出现病症，就应该去见医生。  病人与医生开诚布公地沟通有助于建立信任。  一些健康问题也许不容易开口讨论。  可是医疗人员都受过专业训练会处理敏感问题，也尊重来自不同文化的病人的需要。  如果你同时看几个医生，  When making healthcare decisions, talk with your medical team in depth, and make sure you fully understand your options and the benefits and risks.  Ask a doctor for a second opinion if you are unsure about your doctor's suggested medical treatment or a diagnosis.  Planning includes setting goals for your health or healthcare combined with the ability to monitor your progress.  When planning for the future, it is important to be realistic about your future health and discuss this with your doctor.  Incorporating preventative measures into your plan, such as visiting you doctor for regular health checks, or improving diet and physical activity levels, are also important to overall wellbeing.  If taking medication, it is good practice to schedule time to review medications with your doctor.  Monitoring the changes in signs and symptoms you experience is also important.  And make sure you see your doctor when you first notice symptoms.  Open and honest doctor-patient communication is an important step in building trust.  Some healthcare issues may be difficult to discuss.  However, healthcare professionals are trained to deal with sensitive issues, and the different cultural needs of the people in their care.  If you see more than one healthcare professional, it helps to tell each of them about the other treatments you are having, or medication you are taking, including over the counter, vitamins, and herbal supplements.  应该告诉每个医生你同时接受的治疗以及服用的药物，包括非处方药物，维生素和草药。  家庭医生或全科医生是为您协调所有治疗最适当的人。  几个因素会影响医疗的费用，包括接受的治疗，是否有个人保险，以及您有资格获取哪些政府服务。  您可以通过Medicare医疗保险获得多种政府补贴的医疗服务。  我们建议在约见医生前先了解所需的费用。  计划、管理、协调你接受的医疗服务，就可以从各种不同医疗选择中得到最大的收益。  详情请访问：  <BETTERHEALTH.vic.gov.au/planning>  Your general practitioner, GP, is often the best person to coordinate all your healthcare treatments.  Healthcare costs will vary depending on the kind of treatment you are getting, whether you have private health cover, and what government services you are eligible for.  You can get a wide range of free and subsidised healthcare services through the Medicare system.  It is recommended that you ask about the fees for seeing a healthcare provider before you make an appointment.  By planning, managing, and coordinating your healthcare, you can get the best from the range of health services and options available to you.    For more information, visit: betterhealth.vic.gov.au/planning |  |
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