

Universal HealthShare Member Responsibilities

- Read all Universal HealthShare materials carefully as soon as you receive them or have internet access to them and ask questions when necessary;
- Regularly check for and review all amendments of and information relating to the Guidelines that may be posted on the Universal HealthShare website from time to time and ask questions when necessary.
- **Take personal charge of your medical care**, and make informed and knowledgeable health care choices;
- **Learn how to promote and protect your own health and wellness, eat properly, exercise, and eliminate harmful habits, stressors and risk factors within your control.**
- **Seek medical advice when appropriate**, take the necessary steps to understand the medical advice you receive and any diagnosis you are given, and obtain needed care in a timely manner.
- **Take the necessary steps to learn about the effects on your body of any medical condition with which you are diagnosed or afflicted and how you can help manage and control the condition.**
- Inquire about costs prior to obtaining care when possible, make cost comparisons between providers, and make cost efficient choices about the care you obtain.
- Be informed about the policies and practices of Universal HealthShare and follow them for the benefit of all Sharing Members.
- **Be honest about your health conditions**, and provide all pertinent information to your doctor, family members, and Universal HealthShare when needed.
- Fill out a required medical questionnaire to determine any pre-existing conditions that may be excluded for sharing or be subject to different sharing levels. ***All members of the household are required to fill out the medical questionnaire.***