

# Staying Healthy

An English Learner's Guide to Health  
Care and Healthy Living



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by Winona State University Graduate Programs in Nursing and  
Rochester Healthy Community Partnership, Rochester, Minnesota

# Staying Healthy

## An English Learner's Guide to Health Care and Healthy Living

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This resource is designed for educational purposes only. The information is not intended to substitute for informed medical advice. You should not use this information to diagnose or treat a health problem or disease without consulting a doctor or qualified health care provider. This book provides links to websites to help you find health information and services. Winona State University does not necessarily endorse or recommend the organizations that produce these websites or the information that they provide.

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# Introduction

## What is This Book About?

This book is about how to take care of your health. There are six chapters. Each chapter is on a different and important health topic. We hope that this book will help you learn more about health care and how to stay healthy.

## Finding a Doctor

One of the most important things this book tells you is that you should find a doctor and a place to go for health care. This book also gives information on how to find free and low cost health care. If you do not have a doctor, find one you like and trust. This book talks about seeing “your doctor” and asking questions to “your doctor”. Having a doctor or clinic that you know and trust will help you stay healthy.



## How to Learn More

You will want to keep this book so you can look up information about health when you need it but there is much more to know about health than what is in this book. If you have a health question, ask your doctor. There is a list of websites at the end of each chapter where you can go to learn more about health. There are also websites and phone numbers listed to help you find places where you can go for free or low cost health care.



# Introduction

## Words You Do Not Know

There may be some words in this book that you do not know. If you see a word in bold letters, that means it is in the glossary located at the end of the book. The glossary tells you what the word means and has the pronunciation to help you pronounce it.

## Asking Questions

This information is not meant to replace advice from your doctor. To stay healthy, it is important that you ask questions and get help from your doctor. We hope this book will help you find good health care and understand what you need to do to stay healthy.



<b>ambulance</b> AM byou lance	a vehicle that takes you to the hos- pital quickly in an emergency
<b>capsule</b> CAP sul	a pill that contains medicine, you swallow a capsule whole, you do NOT open or chew it
<b>checkup</b> CHECK up	a visit to the doctor when you are not sick, also called a well visit
<b>chronic disease</b> KRON ik diss EZE	a sickness that you have for a long time, diabetes and heart disease are chronic
<b>clinic</b> KLIN ik	a type of health center, a place where you get health care



# Health Care

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## 1 Chapter



# Health Care



Doctors



Clinics



Hospitals



Emergency

The health care system in the U.S. can help you when you are sick. It can also help you stay healthy. Doctors and other health care providers are part of the health care system. Public health departments are also part of the health care system.

The health care system includes services line **clinics, community health centers** and hospitals. There are health care services that are available to all people. For example, **EVERYONE** has the right to call 911 in an **emergency**.

To get good health care, you need to understand how the health care system works. You also need to know what rights you have and how to get the health care you need.

This chapter will answer these questions.



- Why are checkups important?
- When do I need emergency health care?
- How do I get help paying for health care?



# Health Care



## Different Kinds of Health Care

People see a doctor for many different reasons. Many see a doctor when they are sick and in an emergency. In the U.S., people also see the doctor even when they are not sick. These visits are called checkups.

### When do people see a doctor?

- For checkups
- Illness
- In an emergency



## Checkups are Important

A **checkup** is a visit to the doctor to make sure you are healthy and to check for signs of sickness. During a checkup, your doctor may find a problem that you did not see or feel. Sometimes, finding a problem early can save your life.

Adults need checks every year or two, children need checkups every year, and babies need checkups more often. Sometimes, checkups are called **well visits**, because you go to the doctor when you are well (not sick).

### Famous Sayings About Staying Healthy

“The greatest wealth is health.”

“A man too busy to take care of his health is like a mechanic too busy to take care of his tools.”

# Health Care



## What happens during a checkup?

- First, you give information about your health. You may need to fill out a **health history** or **medical history form**. On this form, you check “yes” or “no” to a list of health problems to show the doctor what health problems you have had in the past.
- The doctor and nurse will check your:
  - √ Height and weight
  - √ Heart
  - √ Lungs
  - √ Eyes, ears, throat, and mouth
  - √ Blood Pressure
- You may get tests or **screenings** to make sure you do not have certain health problems. For example, women get **Pap tests** to make certain they do not have **cervical cancer**.
- Children often get **immunizations** or shots at a checkup to help **prevent** sickness.
- The doctor will talk to you about what you can do to stay healthy. You may need to eat differently, **exercise**, or take medicine.
- You should talk to the doctor and ask questions about the checkup or any other questions about your health.

