

**Teaming Up for a Healthy Tomorrow<sup>SM</sup>** — a program from Aetna and Magic Johnson Enterprises. Our goal is to help improve health and wellness in our urban communities.



# Build a strong health care team

**Many people can make up your health care team.**

**You are the most important member of this team. Here are others to consider.**



## **Your pharmacist**

Get to know your pharmacist. This is important if you have several doctors. They may not know you are taking other medicines. But your pharmacist will. The pharmacist can help you avoid problems from taking medicines that don't mix well.

## **Your dentist**

Learn about your teeth and gums from your dentist. Your overall health and dental health might be connected. Researchers are studying a possible link between gum disease and things like heart disease or stroke.

## **Your family or trusted friend**

A friend or family member should know about your health problems. They also should know your doctors and the medicines you take.

## **Your health plan**

Ask for information from your health plan. You can get helpful printed and Web resources. And customer service can help you understand your plan coverage and costs.

## **Others**

You might want a specialist, dietitian or personal trainer on your team. They can be useful for special health needs.

**Use the Web to get smarter about your health**

[www.PlanForYourHealth.com](http://www.PlanForYourHealth.com)  
[www.communityvitality.com](http://www.communityvitality.com)



Community Vitality is a health literacy initiative for the public from Aetna and Magic Johnson Enterprises. Aetna is the brand name used for products and services provided by one or more of the Aetna group of subsidiary companies, including Aetna Life Insurance Company and its affiliates (Aetna). Health information programs provide general health information and are not a substitute for diagnosis or treatment by a physician or other health care professional.