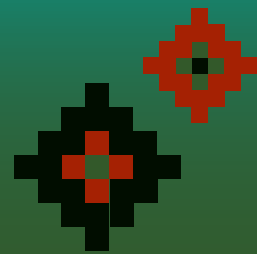


Know Your Rights.



When accessing medical care in the United States, you can expect:

- + Your information to be private and confidential
- + A professional interpreter to help you communicate
- + To be treated fairly
- + Choices about your medical care



You have a right to interpretation in your preferred language

If you are receiving care from a clinic or hospital that receives money from the federal government, you have the right to interpretation at no cost to you. If your doctor cannot provide healthcare in your language, you should ask for interpretation at the time you make a medical appointment or when you arrive at the clinic or hospital. Ask for an interpreter by saying: **"No English, I speak Pashto"** or use the following card to indicate your preferred language. You can take a picture of the card with your phone to save it.

زه پښتو خبرې كوم. زه د پښتو
ژبي ژباړونكي ته اړتيا لرم.

**I speak Pashto.
I need a Pashto interpreter.**



Your medical information is private & confidential

This means that medical providers must keep your medical records in a safe place and that they cannot tell anyone about your medical information, not even your spouse or family members, unless you give them written permission.



You will be treated fairly

In the U.S., it is against the law to treat someone differently or unfairly because of their race, religion, gender, nationality, disability, age, sexual orientation, or gender identity.

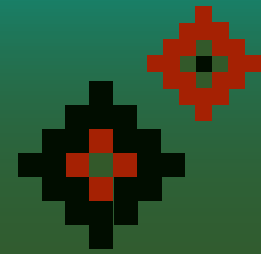


You have the final decision in your healthcare

Medical providers will ask for your permission (consent) for medical care or treatment. You can ask questions, share your concerns, and explore different treatment options.



Know Your Responsibilities.



In order to receive the best medical care, you will need to:

- + Provide correct and complete information
- + Attend all of your appointments and arrive on time
- + Ask questions
- + Follow instructions



Provide correct and complete information

Provide a complete history of your medical concerns including:



Medical conditions



Hospitalizations



Past illnesses, injuries or accidents



Your family's history of illness



All medications you are taking: including nutritional supplements, teas and herbs, or over-the-counter medications

It may be helpful to bring your medication bottles and medical paperwork with you to your appointment. Medical providers may ask additional questions, including some that you may feel embarrassed to answer. It is important that you answer openly and honestly and provide as much information as possible to your doctor so they can give you the best possible care. Remember, everything you say to a doctor is private and cannot be shared with anyone without your permission.



Attend all your appointments and arrive on time

Most doctors will ask you to arrive 15 minutes before your appointment time. Arriving on time to your appointments ensures that your doctor can take care of you and other patients properly. Most medical providers charge fees if you are late or miss your scheduled appointment. If you know you will not be able to go to your appointment, or if you are going to be late, call your doctor's office as soon as possible to see if you can still attend the appointment, avoid fees, or reschedule.



Ask questions

If you have questions about a diagnosis, treatment, medication, or referral, make sure to ask questions. This will help your doctor know more about your concerns and make sure you get the information to make the best decisions about your healthcare.



Follow instructions

It is important that you follow instructions that you receive from your doctor or pharmacist. Instructions may include guidance on when to take your medication, calling if you experience side effects, or speaking with another medical provider. By following your doctor's instructions, you have the best possible chance to heal or manage your condition.

