

Dear Parent or Guardian,

Your teen's health class is presently learning how to become informed health consumers. This involves learning to make wise consumer choices regarding health products and services by comparing cost, features, quality, warranty, and safety. Students will also explore consumer options in selecting health care providers, health care facilities, and health care plans. In addition, students will examine fraudulent health products and treatments, such as diet pills and diet fads, and learn about organizations that address complaints about such fraudulent products and treatments. As a final exercise, students will look at public health agencies at the local, state, and national level, analyzing the role these agencies play in disease prevention and health promotion.

Some questions your teen will explore in this chapter include: *What are some factors that influence consumer decisions about health products and services? How does media advertising affect consumer health decisions? What criteria should I use to evaluate health products? What types of health care services are available? How do people pay for health services? What are the different types of managed care plans? What is health fraud and what can I do if I am dissatisfied with a health product or service? What are public health agencies and how do they impact local, state, national, and world health?*

Please reinforce our classroom work by discussing with your son or daughter one or more of the following topics:

- Ask your teen to explain how advertising affects consumer choices about health products.
- Have your teen explain the different kinds of health insurance available. Discuss components of the various plans, such as benefits, premiums, and co-payments.
- Discuss with your teen what to do in the event of a family health emergency. Include the names, phone numbers, and addresses of doctors and health care facilities. Also include information on proof of insurance or method of payment.
- Talk with your teen about different health product and service frauds. Ask your teen to explain what can be done if you feel you have been the victim of either. With your teen, make a list of consumer groups or medical action programs through which you could seek recourse. Discuss how these organizations protect the consumer.
- Discuss with your son or daughter the role played by public health agencies.

Please plan other activities that will help prepare your son or daughter to make considered and wise choices about health products and services. Thank you for supporting our classroom work. Feel free to contact me if you wish to discuss your teen's health education.

Sincerely,

Health Teacher