

Dear Parent or Guardian,

Your teen's health class is studying the choices that health consumers have and the programs offered by public health agencies. We will explore consumers' options and responsibilities in selecting health care providers, health care facilities, and health plans. Students will also learn where they can go and what they can do if they feel they have been treated unfairly as consumers. In addition, we will discuss public health as a community-wide effort to monitor and promote well-being.

Some questions your teen will explore as we study this chapter are: *What are my options in choosing a health plan? How do I choose a health care provider? What is quackery? Which agencies and organizations provide help for consumers with complaints against health providers or products? What services do public health agencies provide?*

You can help your son or daughter by sharing your own experiences as a consumer of health services and products. To support and extend our classroom work, please plan to complete one or more of the following activities with your teenager:

- If applicable, explain your family's health insurance coverage to your son or daughter. Together, discuss the components of your health insurance, such as the premium, co-payments, and dependent care.
- Discuss with your son or daughter what should be done in the event of a family health crisis. In your discussion, include such topics as doctors and medical facilities to be used and proof of medical insurance.
- With your teen, check a local phone book for the numbers of the Better Business Bureau, media action programs in your area, and private consumer groups. Discuss how these organizations can help you with a consumer problem.

Please plan other activities you think will help your teenager develop his or her ability to make careful, wise consumer choices. 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