



A Public Entity

Inland Empire Health Plan

Barriers to Your Care

We all have our own cultural, religious or health beliefs. When it comes to making choices about your care, it can be tough if it goes against your beliefs. If you have any concerns about your treatment plan, make sure to talk to your Doctor.

Below are common beliefs that may keep you from getting the care you need—along with some facts to help you make informed decisions about your health.



♥ I feel fine, so that means I am fine (healthy).

Some illnesses may not always cause symptoms. That means, even if you feel well, you may have an illness and not be aware of it. Your yearly Doctor visit can help detect an illness early, before it gets worse.

At certain times in your life you may need routine screenings such as pap smears, mammograms, rectal, and prostate exams. Early diagnosis and treatment can save your life.

If you are taking medicine or following a treatment plan, follow-up checkups can make sure your health needs are being met.

♥ I am at a healthy weight, so I am healthy.

While obesity is a risk factor for many health problems, being at a healthy weight does not fully rule out risks. Many health problems can affect people who fall within a healthy weight range. Your ethnicity, age, lifestyle, and genetics can also be risk factors.

♥ The flu shot will make me sick.

The flu shot is made up of a small amount of dead flu virus, just enough to allow your body to build protection. It is not enough to give you the flu. You may have flu-like symptoms after getting the flu shot, but only for 1-2 days.



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♥ Vaccines (shots) for my child can cause autism.

There has been much talk about vaccines causing autism. As stated by the Centers for Disease Control and Prevention, there is no proven link between the two. Vaccines help create antibodies that protect you from harmful diseases like measles, mumps, rubella and more. Getting vaccinated is important.

♥ I don't need to take all my medicine; I am no longer feeling sick.

Your medicine is very important in keeping you healthy. Some medicines prevent problems from starting, and others stop symptoms from getting worse. For example, if you do not finish your full dose of antibiotics, there is a risk that the infection will return.

♥ I have no way of getting to my Doctor's office.

You may not always have a car or money for bus passes to get to where you need to be. Call IEHP Member Services to find out more about transportation options to help you get to and from your medical visits.

♥ My Doctor doesn't understand me, so that means he can't help (treat) me.

If your treatment plan goes against your beliefs, talk to your Doctor about your concerns.

If your Doctor doesn't speak your language, you can call IEHP to ask for an interpreter.

You can also change your Doctor by calling IEHP Member Services at **1-800-440-IEHP (4347)**, Monday–Friday, 8am–5pm. TTY users should call **1-800-718-4347**.

