



## 6. 1 ESOL Health Care Tips

**At the hospital, you can ask for an interpreter like this:**

"I need an interpreter, please. I speak Spanish."

**At the hospital, you can ask for a financial counselor like this:**

"I'd like to speak with a financial counselor, please."

1. See a doctor when health problems are small. Don't wait until small problems get big. Big problems are *very expensive* and *difficult to fix*.
2. Ask for an interpreter at the hospital or clinic.  
The hospital or clinic **must** get an interpreter for you. It's the law.
3. If you go to the hospital and you don't have health insurance, ask to speak with a financial counselor. Sometimes a financial counselor can help make your hospital bill smaller.
4. If you don't have insurance, register for a low-cost clinic BEFORE you get sick.
5. Don't use children as interpreters at the doctor.
6. **Ask the doctor questions.** In the United States, doctor appointments are very quick. Plan your questions before you go to the doctor.
7. Write down or record what the doctor says.
8. Take another adult with you to the doctor. The other adult can help you ask questions and understand the doctor better.
9. Write a list of your health problems and all your medicines. Make a list for all the people in your family. Take the list to doctor appointments.
10. Tell the doctor if you take *herbs* or *vitamins*.
11. There is good health information on the Internet in English, Spanish, and other languages at [medlineplus.gov](http://medlineplus.gov) and [healthyroadsmedia.org](http://healthyroadsmedia.org).

