






**Take charge of
your health ... online!**



**Visit the NCMS
Physician and Patient Resource Center (PRC)
at www.ncmsprc.org for links to sites
with information about:**

-  **health conditions such as asthma, diabetes or hypertension;**
-  **health assessment tools to measure your risk for disease;**
-  **preventive health care advice to maintain a healthy lifestyle;**
-  **the Patient Health Snapshot, a record you keep to ensure you receive the appropriate care from health providers;**
-  **tips on how to work with your physician to achieve the best care possible.**

www.ncmsprc.org