

The doctor of the future will give no medicine, but will interest his patient in the care of the human frame, in diet and in the cause and prevention of disease. - Edison, 1903

patient

# PHYSICAL THERAPY

## Wellness Wednesday: Healthcare Navigation 101 - What is Health?

*The best doctor gives the least medicines. - Benjamin Franklin*

*Isn't it a bit unnerving that doctors call what they do 'practice'? - George Carlin*

### Housekeeping & Review: Healthcare Navigation 101

- Week 1: Introduction
- Week 2: Who's Who?
- Week 3: What is health?

### This Week: What is Health?

- The Great Divide: A Difference of Perspective
  - Patient point of view
  - Provider point of view
  - The missing link
- Health Literacy
  - What is it?
  - Who has it? Who does not?
  - Why is this happening?
    - Outside influences: insurance, profit motives
    - Internal influences: bias, silos, education processes
  - What can we do about it?
- Focus on Wellness: Where are you?
  - Transtheoretical Model:
    - Precontemplation → Contemplation → Preparation ← → Action → Maintenance: Wellness
  - Cycle of Wellness:
    - Prevention ↔ Maintenance ↔ Rehabilitation ↔ Medical



### Future Topics:

**Up Next:** Health Insurance - How has health insurance changed over time? Have those changes also changed healthcare over time? How do health insurance parameters affect clinical thinking?

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