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### Resource Links

[healthfinder®](#)

Gateway to reliable consumer health information and support

[MEDLINEplus®](#)

Find information on diseases, conditions, and wellness issues

[Recalls: Medicine](#)

Product safety alerts on food, drugs, and devices

# Consumers & Patients

## [Quality of Health Care: "Q-Pack"](#)

*Pathfinder page links to materials that help patients choose wisely when it comes to their health care.*

## Health Conditions/Diseases

[Now You Have a Diagnosis: What's Next? \(PDF File, 1 MB\)](#)

[Common Uterine Conditions: Options for Treatment](#)

[Flu Information](#)

[Pneumonia: More Patients May Be Treated at Home](#)

[Surgery Choices for Early-Stage Breast Cancer](#)

[Understanding Your Body](#)

## Consumer Versions of Clinical Practice Guidelines

Between 1992 and 1996, the Agency for Health Care Policy and Research (now the Agency for Healthcare Research and Quality) sponsored development of a series of 19 clinical practice guidelines. Electronic versions of the consumer guidelines listed are available online at the National Library of Medicine. You may download or print these patient guides in sections using your Web browser for personal use only. Requests to further reproduce these documents in print or electronic form should be sent to [info@ahrq.gov](mailto:info@ahrq.gov).

## Cardiac Rehabilitation

[Recovering from Heart Problems through Cardiac](#)

[Rehabilitation](#)

## Pressure Sores



[Department of  
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## [Preventing Pressure Ulcers](#)

## [Treating Pressure Sores](#)

Other topics in this series are now outdated. However, electronic versions are available for historical and informational purposes in the [Clinical Practice Guideline Archive](#).

### **Health Plans**

[Checkup on Health Insurance Choices](#)

[Choosing and Using a Health Plan](#)

[Insure Kids Now: Low-Cost or Free Health Coverage](#)

### **Prescriptions**

[Quick Tips—When Getting a Prescription](#) (PDF File, 15 KB)

[Your Medicine: Play It Safe](#)

### **Prevention & Wellness**

[Aspirin: Preventing Heart Attacks](#)

[Men: Stay Healthy at Any Age—Checklist for Your Next Checkup](#)

[Pocket Guide to Good Health for Adults](#) (PDF File, 333 KB)

[Pocket Guide to Good Health for Children](#) (PDF File, 320 KB)

[Pocket Guide to Staying Healthy at 50+](#) (PDF File, 300 KB)

[Stroke Prevention: What You Should Know](#)

[Women: Stay Healthy at Any Age—Checklist for Your Next Checkup](#)

## **Quality of Care**

[Five Steps to Safer Health Care](#) (PDF File, 360 KB)

[20 Tips to Help Prevent Medical Errors](#) (PDF File, 222 KB)

[20 Tips to Help Prevent Medical Errors in Children](#) (PDF File, 283 KB)

[Improving Health Care Quality: A Guide for Patients and Families](#) (PDF File, 75 KB)

[Quick Tips—When Getting Medical Tests](#) (PDF File, 16 KB)

[Quick Tips—When Talking with Your Doctor](#) (PDF File, 17 KB)

[Your Guide to Choosing Quality Health Care: Summary Ways You Can Help Your Family Prevent Medical Errors!](#) (PDF File, 203 KB)

## **Quit Smoking**

[5-Day Countdown](#) (PDF File, 50 KB)

[Good Information for Smokers](#) (PDF File, 111 KB)

[Help for Smokers: Ideas to Help You Quit](#)

[Quit Smoking: Consumer Interactive Tool](#)

[You Can Quit Smoking—Consumer Guide](#) (PDF File, 280 KB)

[You Can Quit Smoking—Consumer Kit](#)

## **Surgery**

[Questions to Ask Your Doctor Before You Have Surgery](#)

[Quick Tips—When Planning for Surgery](#) (PDF File, 14 KB)

## **Información en español**

