



**CarpeVITA**  
Take Control Of Your Life

# **The Essential Role of the Healthcare Consumer**

First Edition  
Printed in USA  
CarpeVITA, Inc.  
[www.CarpeVITAinc.com](http://www.CarpeVITAinc.com)

## Introduction

More and more people are waking up to the notion that they need to take control of their health. Most of us visit the doctor only 1-2 times per year, and each visit is typically about 10 minutes long, so we certainly can't put our health in the hands of our physicians.

It's important to realize that you're actually already in charge of your own health. Even when doctors prescribe medications, treatments or lifestyle changes, we are left on our own to try them out and maintain them properly. If we undergo surgery, we need to spend months afterwards doing what is needed on our own to properly recover from the surgery.

Having said that, medications are often taken improperly, and advice from doctors is often not followed. Healthy lifestyle habits are sometimes avoided either because they seem less desirable than unhealthy habits or because people don't have the time they need to lead a life of healthy habits.

It's time to start thinking of yourself as your own healthcare provider. It's time to take control of your life and your health and realize that you are the only one who can make the healthy choices that will help you prevent chronic disease and put an end to unwanted symptoms. You are the only one who has that power – it's just a matter of seizing that power.

## Why Consumer Participation is Essential?

Gone are the days when "doctor knows best." These days, it is essential that we all play an active role in our health and wellness. Why? We've come to realize that health and wellness only exists when we are caring for ourselves and taking steps everyday to ensure our bodies have what they need to be healthy.

We simply cannot be passive and sit back and wait until we notice a problem. We are living longer these days and everyone wants that long

life to be enjoyable. The only way that will happen is if you are doing things on a consistent basis to prevent illness and disease. What is your role in your health? Are you engaging in healthy lifestyle choices that will lead to better health?

## **The Doctor Doesn't Know Best – You Do!**

Don't be passive when it comes to your health. No one knows your body better than you, so be an active participant. Notice when something doesn't feel right and notice when you feel great, and then consider what the contributing factors are for both cases. When you tune into your body, you'll be surprised what it can tell you. Even if something seems unrelated, it might not be, so mention everything you are noticing when consulting with your physician.

Consider your healthcare provider(s) to be your health and wellness partner(s). Openly communicate your concerns and let your healthcare provider(s) know you want to collaborate and fully participate in your healthcare. Don't assume they have all of the answers and don't be afraid to challenge them.

Remember that when it comes to your health, no question is too dumb. If you don't fully understand something, ask for clarification. Bring a list of questions and take notes when you are at your appointments. Make sure you are clear on the follow up plan you and your healthcare provider(s) set up and that you will be able to follow it. Make any necessary adjustments before leaving if you don't think you'll be able to follow the plan due to certain lifestyle concerns. Ask when and how you will receive results to lab work and tests, and don't assume that no news is good news.

## **Be An Informed Healthcare Consumer**

The reason it no longer makes sense to assume that the doctor knows best is because we are living in the information age, and the answers we seek are literally at our fingertips 24/7. As long as you are getting your

information from reputable sources, you can do your own research to help you determine what could be going on (just keep in mind that you should never self-diagnose, but should instead use your research to guide your discussions with your healthcare provider(s) so that you can have a more informed conversation and plan of action).

## Know How to Navigate the Healthcare System

With so much information available to us and with such a fragmented healthcare system, knowing how to navigate the complex healthcare system is no easy feat. That's why paying a little extra money to have a care coordinator working for you is so important. Most of us will never fully understand the ins and the outs of the healthcare system, so having our own advocate to talk with and to work for you to ensure you are getting the proper care you need is a huge blessing. [Learn more about the benefits of a CarpeVITA Care Coordinator here.](#)

## Learn Your Genetic Predisposition to Diseases and Treatments

Genomics, the study of the human genome and the role it plays in biology and disease, has made it possible for you to learn what diseases you are genetically predisposed to, as well how certain treatments and pharmaceuticals will affect you based on your genetic makeup.

By getting a [CarpeVITA Genomics GenoTest](#), you will be able to gain insight into your health in a new way that will allow you and your health care provider(s) to make health decisions that are more informed.

Discuss this option with your healthcare provider, who can help you choose which genomic test(s) will make sense for you to take based on your family history. Learn how to order your GenoTest(s) here: <http://carpevitagenomics.com/request-a-kit/>

## Think of Your Health Holistically

You are not comprised of separate parts. You are comprised of various organs and systems that all work together to produce the results that carry you through each day. If one of these parts breaks down, it affects the other parts as well.

What you eat affects every cell in your body. The amount of movement you engage in determines if your systems will continue functioning properly. What you put on your body goes directly into your bloodstream and can have a dramatic affect on the hormones that monitor many vital bodily functions. What you think about even affects your state of health and what you do to your body has an effect on the brain as well.

If you haven't already realized it, it's time to stop engaging in unhealthy lifestyle habits that wear down your body's ability to stay healthy. Try integrating these healthy lifestyle habits into your everyday life so that your body and mind can function as a whole: [10 Ways to Live Longer & Healthier](#).

## Follow a Plan to Set Yourself Up for Success

Being an active participant in your health isn't always easy and it can feel like a huge task when you don't have a good foundation and a good plan in place. You can set yourself up for success by following a step-by-step plan that includes:

- Family History – Start by learning your family's health history so that you have an understanding of what you are working with genetically. [This article will get you started](#).
- Stay Informed – Read, watch and learn about how to lead a healthy lifestyle. You don't have to dedicate your life to it. Just spend 10 minutes a day learning about health and wellness. If you haven't

already done so, [sign up for our newsletter here](#) – you'll get 2-3 articles per week to help you change your health.

- Take the CarpeVITA 21-Day Wellness Recharge Challenge – It's your chance to take control of your life and your health by 1) learning actionable wellness strategies that produce lasting results, 2) implementing simple steps that will set you up for a healthy lifestyle, and 3) engaging in a program that will allow you to create sustainable health, wellness and vitality. [Click here to sign up!](#)
- Adopt a CV4P™ Mentality – When you are leading a P4 Health lifestyle, it means you are working to Predict, Prevent, Personalize and Participate in your health. This is the biggest thing you can do to transform your health. [Learn more about the CV4P™ approach here.](#)
- Nutrition – Make conscious choices about what you eat. [Try the CarpeVITA Healthy Lifestyle Diet.](#)
- Exercise – Find new ways to integrate more exercise into your life. Try these [5 Tips for Finding Time to Exercise](#) and these [30 Fun Exercise Ideas.](#)
- Predict What Could Come – Get a genomic test that allows you to determine if you have a genetic susceptibility to certain chronic diseases. By doing so, you can better work with your physician to develop a health plan that could prevent those conditions. [Learn more here about the CarpeVITA GenoTest.](#)
- Prevention – Start making decisions that are based on prevention and wellness instead of reaction and treatment. [Try these Prevention Tips for Optimal Health.](#)
- Nurture Your Physician-Patient Relationship – [Get annual check ups](#) so that you aren't waiting till you have a problem, but are instead being proactive with your health. This also helps build your relationship with your physician so that he or she will learn your personal history and lifestyle more effectively in order to prescribe the right treatments when you need them.
- Tune Into Your Body – So many of us have numbed ourselves to the point that we don't even notice or don't take the proper action when

something is wrong. Pain is a signal that something is wrong, and numbing it with painkillers only covers up the problem, allowing it to turn into a worse condition over time. Tune into your body, listen to what it is telling you, and treat it instead of numbing it.

## Make Healthy Lifestyle Choices

If you're still fighting the advice to make healthier lifestyle choices and to make certain changes in your lifestyle that will lead to better health, it's time to consider if having a better quality of life (or maintaining a high quality of life) would make a difference for you and whether living a long life is important to you. If those things are important to you, making healthier choices needs to become a priority because you can't have your cake and eat it to (and even if you're still young and have gotten away with some bad habits without many repercussions on your health, you can't expect that to last much longer).

Healthy habits lead to improved energy levels, being able to do physical activities easier, being able to think clearer, having more enjoyment in your life, and just generally feeling better. So take the time to consider how you can be intentional in the choices you make about your health and wellbeing. What behaviors can you change that will make a positive impact on your health and wellbeing?

Here are some ideas to help you get started:

- Healthy Diet – eat the [CarpeVITA Healthy Lifestyle Diet](#)
- Exercise – engage in physical activity everyday
- Weight Management – stay within your ideal weight range
- Smoking & Drugs – refrain from tobacco use and drug abuse
- Alcohol – use alcohol in moderation
- Sleep – get 7-9 hours of healthy sleep each night
- Stress – reduce and manage stress in a healthy way

- Relationships – engage in healthy relationships and avoid unhealthy relationships
- Environment – maintain a healthy home and work environment
- Mental & Emotional Health – keep your mind active and maintain a positive attitude
- Purpose – discover your life purpose and ensure your life has meaning for you

## Summary & Additional Tips for Participating in Your Health

- Tune into your body and recognize symptoms and what could have led to those symptoms
- Look up your symptoms on a trusted website and understand when it is important to call a healthcare provider
- Don't assume that acute symptoms are what they seem (back pain could be caused from stress, for example, and in that case, fixing the back with surgery is unlikely to work if you haven't also dealt with the stress issue)
- Be well-rounded when looking into treatment options. Open your mind to other options.
- Follow through on care plan actions and make health choices
- Be preventive and proactive in your thinking and actions
- Ensure all of your health records and medications are up-to-date and that all of your healthcare providers are working from the same information
- Stay up-to-date with all [screenings and immunizations](#)
- Know your [family health history](#)
- Develop a [care plan](#) with your healthcare provider(s) to treat, manage and prevent health issues

## Take Control of Your Life the CV4P™ Way

Taking an active role in your health involves focusing on prevention and wellness. By understanding your risk areas, you can change your lifestyle habits to help prevent those diseases from occurring. It's healthcare designed specifically for you!

By adopting the concept of P4 Health and the CV4P™ model for yourself, you'll center your health and wellness around Prediction, Prevention, Personalization and Participation. It's time to Carpe Vita, which means "Take Control of Your Life!"

Our current healthcare system has created passive patients who simply act on the advice of their physicians. CV4P™ will shatter that method by empowering individuals to take control of their health. CV4P™ will be driven by the participation of these individuals who take ownership of their health as they discover they are able to maintain their wellness based on informed personalized wellness plans.

As patients participate in the [CV4P™](#) approach, they will begin to create an invaluable database of unique, personal health data for themselves using [new technology](#) that will provide them with information that pertains to them individually. This will allow them to take action to improve their health in a more effective way than has ever been possible before.

At the same time, the data being compiled on each person will work together to collectively assist scientists in better understanding diseases so that they can create the drugs and treatments to prevent those diseases in the first place. The data sets collected will be the basis for our future healthcare system, one that is based on staying well.

Patient-driven networks like [CarpeVITA Health Networks](#) will make active patient participation easy and convenient. Individuals will be able to work together with their physician(s) to engage in personalized wellness plans,

while utilizing technologies that allow them to maintain wellness and intervene with diseases pre-symptomatically. These technologies and tools will empower them to make the right healthy lifestyle choices and to share their progress with those they trust.

[Learn more about the CV4P™ Model Here](#)

## Sources:

<http://www.takingcharge.csh.umn.edu/navigate-healthcare-system/whats-my-role>

<http://www.takingcharge.csh.umn.edu/enhance-your-wellbeing/security/safety-and-prevention/be-active-your-self-care-and-healthcare>

<http://www.cmanet.org/about/patient-resources/>

<https://healthfinder.gov/HealthTopics/Category/doctor-visits/talking-with-the-doctor/take-charge-of-your-health-care>

<http://familydoctor.org/familydoctor/en/prevention-wellness/staying-healthy/healthy-living/health-guides-health-is-a-state-of-mind-and-body.html>

<http://dailyreckoning.com/why-you-should-take-your-health-into-your-own-hands/>

[http://www.huffingtonpost.com/dr-cindy-haines/personal-health-care\\_b\\_896464.html](http://www.huffingtonpost.com/dr-cindy-haines/personal-health-care_b_896464.html)

<http://www.ramsayhealth.co.uk/about/latest-news/personal-health>

## About CarpeVITA, Inc.

CarpeVITA, Inc. is setting the standard for healthcare outcomes by providing services that encourage prediction, prevention, personalization and participation.

### **Our CV4P™ Approach**

CV4P™ provides the bridge every health care professional and patient needs to Predict, Prevent, Personalize and Participate in their health. It provides individuals with a customized roadmap to optimal wellness.

CV4P™ is about helping people reach and maintain wellness to improve population health and individuals, families, companies, communities and healthcare providers on the right track.

### **CarpeVITA Health Networks**

A CarpeVITA Health Network is an integrated medical network that facilitates our CV4P™ approach to health and wellness. In a CV Health Network, the fragmented parts of the current healthcare system become coordinated, procedure-oriented care becomes outcome oriented, reactive care becomes proactive care, and provider-payer conflicts become alignments. Patients, Physicians, Healthcare Systems and Complementary Providers all benefit from using the CV Health Network model.

**Contact Us Today to See What We Can Do For You!**

Call Toll Free: 844-P4CARPE

[www.CarpeVITAinc.com](http://www.CarpeVITAinc.com)