



The CareWise Guide: Self-Care From Head To Toe

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A National Health Information Awards winner, The CareWise Guide can help you and your family decide when to apply self-care, when to seek medical care, and how to work effectively with your doctor to get the most appropriate, cost-effective and highest quality care. Easy-to-read, yes/no flowcharts get you to the appropriate level of care based on your symptoms, and the accompanying text and graphics give you the basic background you need to better understand your health concern.

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