

## Working in the US - Being a Good Healthcare Consumer and Understanding Benefits

### Overview

It is essential that workers understand healthcare benefits and opportunities as well as strive to be good healthcare consumers. In this six to twelve week training, limited English proficient workers will learn to effectively access healthcare benefits and be a good healthcare consumer. Participants will use real situations to learn how to communicate effectively within a work environment. The training may also incorporate vocabulary and materials used on the job that relates to the topics of the training.

### Course Objectives

#### Healthcare and Benefits

- Review general healthcare benefit opportunities
- Learn health vocabulary and practice reporting health concerns
- Discuss how to be a good healthcare consumer
- Read and complete healthcare forms and documents
- Read articles on specific issues related to health

### Who should take this course?

This workplace training will focus on serving workers with a beginning-intermediate foundation of the \*English language. Interested participants should be able to answer simple questions with a 2-6 word reply. \*Individuals English may be measured by asking the following question: What did you do last weekend?