

Health care isn't just at the doctor's office

Run time - :26

LEDE: From transportation to education to your neighborhood, outside factors have a great impact on your health care. Tim Ditman of OSF HealthCare has more on social determinants of health and how you can navigate them.

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OSF primary care provider Lucas Edwards says it's a two-way street. Tell your provider what's going on in your life, and the doctor should ask, too.

*SOUNDBITE: "The provider and the patient need to be on the same wavelength. They need to understand why I want them to do something."*

Government leaders have a stake as well, such as providing clean water and reducing the cost of food.

I'm Tim Ditman.

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TAG: Once providers know your circumstances, they will link you with resources like a virtual visit or a social worker.