

# BETTER NOW

**Use the questions below to guide conversations at your next Better Now book club meeting.**

## **Healthcare 101**

- What has surprised you most about the Canadian healthcare system?
- How do you feel about the public-private 70/30 split of healthcare funding? Is it an appropriate balance? If not, what changes would you like to see in how healthcare is funded?

## **Big Idea 1: The Return to Relationships**

- Do you feel that the relationship you have with your family doctor has helped you take better care of your health? If not, are there ways that you think it could be better? How?
- Too often, primary care is disconnected from other parts of the healthcare system. What role does the patient play in bridging these gaps?

## **Big Idea 2: A Nation with a Drug Problem**

- Living without adequate drug coverage can be difficult, especially for people living with multiple or life-long conditions. Does anyone know of a person in their life who has had difficulty paying for their medications? How did it affect them?
- The author describes Canada's lack of universal pharma coverage as "an accident of history." What factors (e.g. political, scientific) do you think have contributed to this? Do you think Canada is ready for pharmacare?

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## Big Idea 3: Don't Just Do Something, Stand There

- Do you know someone who has been affected by over-testing or overtreatment? How were they affected?
- Some patients may come in demanding specific tests that they don't need. What drives the desire for unnecessary testing and what can be done about it?
- Do some people over-use online tools like WebMD? Are they helpful or can they become harmful? What are the best ways to verify health information found online?

## Big Idea 4: Doing More with Less

- Were you surprised to learn that in health care, spending more money doesn't always guarantee better outcomes, especially when it comes to things like reducing wait times? How are these issues portrayed in the media?
- In your own life or work, what are some examples where you have re-organized resources to solve a problem? Can you see how this approach may be helpful in health care and how so?

## Big Idea 5: Basic Income for Basic Health

- What works and what doesn't work about our current social assistance programs? Do you think a basic income guarantee would be a better idea? Why or why not?
- How have you observed the impact of income on health?

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## Big Idea 6: The Anatomy of Change

- Are you aware of any terrific healthcare programs in your community that you think should be spread or scaled-up?
- Do you think fear of failure may be holding us back? If so, in what way when it comes to health care? Do you think this happens in any other industries in Canada?

## General Questions

- What surprised you the most about the book?
- Have any of YOUR views or thoughts changed after reading this book?
- Which story resonated most with you personally, in either a positive or negative way? Why?
- Has anything that you have read about in the book ever happened to you personally, or to someone else you know? Did you react to it differently?
- If you could add a 7th big idea to the book, what would it be?
- Are there ways that you think you could personally get involved in supporting any of the six big ideas? Can you commit to taking action on the big idea that you think is most important?