



Taking Care of MY Health Care

A guide for you or your caregiver to be active in either your own health care or caring for someone else.

Take this with you each time you meet with a health care provider (such as a doctor, nurse, pharmacist, or social worker); visit a hospital, nursing center, or other health care facility; or receive care in your home. You have rights to your personal health information. Using this guide can help you keep track of your health information, and may prevent other health problems.

Visit With: _____

BE SURE YOU KNOW THESE THINGS: Today's Date: _____

1. Why am I meeting with a health care provider today? _____
2. What medical conditions do I have? _____
3. Do I have a list of all the medicines I need to take, including all on the following list? **Important: Tell the health care provider any allergies or sensitivities you have to any medicine.**
 - ___ Prescription medicine (can buy only with a prescription)
 - ___ Over-the-counter medicine (can buy without a prescription)
 - ___ Vitamins, herbs, or supplements I take (such as St. John's Wort)
 - ___ Any NEW prescriptions I received during this visit
 - ___ Written directions on how to take all my medicines
 - ___ Major side effects of these medicines
4. Besides taking my medicines, what else do I need to do?
 - ___ Get blood tests or other medical tests? _____
 - ___ Get extra help or equipment at home? _____
 - ___ Avoid caffeine, alcohol, tobacco, or other drugs? _____
 - ___ Avoid eating certain foods? _____
 - ___ Eat certain foods? _____
 - ___ Change a bandage? _____
5. Which doctor or other health care provider will I see next and why? _____
 How soon? _____
 How do I make an appointment? _____
6. Has my doctor sent a copy of my discharge plan or other information about my health (including all my medicine and other treatments) to my next health care provider or facility? **MAY I HAVE A COPY OF THAT INFORMATION TODAY?**
7. Do I need a referral for other health care providers, tests, or facilities? _____
 When should I expect the results from those tests? _____
8. Who should I call before my next appointment if I have questions or problems managing my care or dealing with my condition?

Being sick can affect all areas of your life. If you have questions or concerns about any of the following, check the box and talk about them with a health care provider.

- Alcohol, drug, or tobacco use
- Caregiving concerns
- Changes in behavior, memory or thinking
- Cultural customs affecting health care
- Financial or health insurance
- Home safety
- Medical equipment needs; or help with walking, bathing, eating, dressing
- Relationship/intimacy concerns
- Spirituality/religion
- Taking medicines
- Transportation & driving issues
- Understanding my illness or conditions

NAME: _____ TELEPHONE #: _____

ON THE BACK OF THIS PAGE IS SPACE TO WRITE DOWN YOUR MEDICINES, QUESTIONS AND CONCERNS TO TAKE WITH YOU TO YOUR NEXT HEALTH CARE VISIT!



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MEDICINE LIST ★

WHEN I GET UP, I TAKE:

Drug name- Brand name or generic & DOSE	This looks like? Color, shape	How many?	How I take it	I started taking this on: (date)	I stop taking this on: (date)	Why I take it	Who told me to take it (name)
<i>Example: Lisinopril 10 mg</i>	<i>Round yellow pill</i>	<i>1</i>	<i>By mouth with breakfast</i>	<i>June 3, 2008</i>	<i>Keep taking</i>	<i>High blood pressure</i>	<i>Dr. Smith</i>

IN THE AFTERNOON, I TAKE:

IN THE EVENING, I TAKE:

BEFORE I GO TO BED, I TAKE:

OTHER MEDICINES THAT I DO NOT USE EVERYDAY:

QUESTIONS I WANT TO TALK ABOUT WITH MY HEALTH CARE PROVIDER AT MY NEXT VISIT:
