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Building a *personal* health plan

Taking an active role in your health and well-being is an important step in self-care. This guide can help you learn about your health, make informed choices and partner with your care team to build a plan that supports your goals.

Starting with the basics

Small, everyday choices can make a meaningful difference in your health and well-being. For example:

- Fuel your mind and body with nutritious foods.
- Move your body regularly to build strength and energy.
- Sleep well to recover, recharge and function at your best.

Managing stress, staying up to date on recommended checkups and speaking up when something doesn't feel right also matter. Paying attention to changes in your health and getting help when needed can often lead to better outcomes.

Creating a plan

Use the following worksheet to build a personal health plan that fits your experiences, goals, lifestyle and needs.

1. My health history

Keeping important health information in one place can make it easier for me and my care team to understand my health and prepare for future care.

Medications and supplements: What prescriptions, over-the-counter medications or supplements do I take and why?

Health conditions and concerns: What conditions, injuries, allergies or other concerns have I had or have now?

Past care and experiences: What procedures, surgeries or hospital stays have I had and why?

Lifestyle and habits: What should my care team know about my eating, physical activity, sleep, stress, alcohol or tobacco use, or other factors that may affect my health?

Changes I've noticed: What physical, mental or emotional changes have I noticed?

Notes

2. My family health history

Keeping important health information in one place can make it easier for me and my care team to understand my health and prepare for future care.

Great-grandmother | Great-grandfather | Great-grandmother | Great-grandfather | Great-grandmother | Great-grandfather | Great-grandmother | Great-grandfather

Maternal grandmother | Maternal grandfather | Paternal grandmother | Paternal grandfather

Aunt | Aunt | Aunt | Mom | Dad | Aunt | Aunt | Aunt

Uncle | Uncle | Uncle | Uncle | Uncle | Uncle

Sibling (full or half) | Sibling (full or half) | **Me** | Sibling (full or half) | Sibling (full or half)

Notes about family health history

3. My health goals

Think about what you want to improve, maintain or prevent. Choose 1–4 goals that matter most to you right now – such as feeling better overall, managing symptoms of an existing condition or reducing your risk of health problems – then make a plan for moving toward them.

My first goal

Why it matters to me

What I can do to work toward this goal

What I will do next

My second goal

Why it matters to me

What I can do to work toward this goal

What I will do next

My third goal

Why it matters to me

What I can do to work toward this goal

What I will do next

My fourth goal

Why it matters to me

What I can do to work toward this goal

What I will do next

4. Questions and conversations with my care team

My care team has knowledge and experience to help me. I can also be an active partner in my care.

Preparing for my appointment: Questions or concerns I want to discuss

During my appointment, remember to:

- ◯ Share relevant health history and family health history.
- ◯ Ask questions when I don't understand something.
- ◯ Ask about my choices and treatment options.
- ◯ Ask whether a second opinion or another consultation would be helpful.

After my appointment:

What I learned

What I still want to know

What I'll do next

Notes

5. Anything else I want to remember, ask or discuss?

Use this space to write down any other health concerns, questions or goals that are important to you.



Looking ahead

Your health needs, goals and priorities may change over time. Keeping this worksheet on hand – and updating it from time to time – can help you stay on top of your health and track your progress along the way.

Sources

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