

# MY HEALTH, MY VOICE

A PERSONAL HEALTH JOURNAL



care@care  
Insurance Company, Inc.

# MY HEALTH JOURNAL

## THE BASICS:

Name: \_\_\_\_\_

Height: \_\_\_\_\_ Weight: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Primary Doctor: \_\_\_\_\_

Phone: \_\_\_\_\_

Specialist: \_\_\_\_\_

Phone: \_\_\_\_\_

Pharmacy: \_\_\_\_\_

Phone: \_\_\_\_\_

## IN CASE OF EMERGENCY:

### MAIN CONTACT

Name: \_\_\_\_\_

Relationship: \_\_\_\_\_ Phone: \_\_\_\_\_



## OVERVIEW

**TAKE AN ACTIVE ROLE IN YOUR HEALTH** by learning how to talk to your doctor. This partnership can lead you on the path to better health. Be an active member of your own health care team along with your doctor, nurses, physician assistants, pharmacists, and other health care providers, to address your medical problems and keep you healthy.

**LET'S GET STARTED!**

# MY HEALTH JOURNAL

Carry a list of the following: your prescriptions, over the counter medicines, vitamins, supplements, and eye drops. Add to the list: drug allergies or side affects you have had from your medications.

**NAME:** \_\_\_\_\_

## CURRENT MEDICATIONS

Start Date	Medication	Dosage	Times per Day	Purpose for Use	Start Date

## MEDICATION ALLERGIES

Medication	Reaction

## IMMUNIZATIONS

Vaccine	Recommended	Date Received	Date next Dose is Due
Shingles	Once at age 60		
Pneumonia	Twice once over 65		
Pertussis	Once		
Tetanus /Diphtheria	Every 10 years		
Flu Shot	Once per flu season		

## HEALTH EXAMS AND SCREENINGS

Screenings/Test	Recommended	Date of Test	Physician	Results	Date next Test is Due
Fecal Occult Blood	Annually				
Cologuard DNA Fecal Occult Blood	Every 3 years				
CT Colonography	Every 5 years				
Flexible Sigmoidoscopy	Every 5 years				
Colonoscopy	Every 10 Years				
Eye Exam	Ages 50-64: every 2-4 years Over 65: every 1-2 years				
Bone Density	Every 2 years				
Skin Exam	Annually				
Dental Exam	Annually				

## SCREENINGS FOR WOMEN

Screenings / Test	Recommended	Date of Test	Physician	Results	Date next Test is Due
Pap Smear and Pelvic Exam	Annually				
Mammogram	Annually				

## SCREENINGS FOR MEN

Screenings/Test	Recommended	Date of Test	Physician	Results	Date next Test is Due
Rectal / Prostate Exam	Annually				

## MAJOR ILLNESSES & HOSPITALIZATIONS

Illness	Start Date	End Date	Treatment Notes

## SURGICAL PROCEDURES

Date	Procedure	Physician	Treatment Notes

# BLOOD PRESSURE RECORD KEEPER

It is important to keep your blood pressure under control. Discuss with your doctor what a healthy blood pressure is and tips to manage your blood pressure.

Date	Time	Systolic/Diastolic	Pulse
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# LAB NUMBERS/ VITAL STATISTICS

Ask your Doctor to help you keep track of your weight (WT), Body Mass Index (BMI), Cholesterol including LDL and HDL, and other important statistics.

Date	WT	BMI	Triglycerides	Total Cholesterol	LDL





HDL	Blood Sugar	HgbA1c	Glucometer	Urine

# BEFORE MY DOCTOR VISIT

A little preliminary work can help you make the most of your appointment whether you are starting with a new doctor or continuing with a doctor you've seen for years.

## Make a list of concerns and questions:

- Any symptoms I am having.
- Any illnesses or hospitalizations since my last appointment.
- What preventative test or screenings do I need?
- Do I need any immunizations?
- Do I need a dental exam?
- Do I need an eye or hearing exam?

## Gather your medication:

Use the medicine bag you received from Care N' Care to carry your prescriptions, over the counter medicines, vitamins, supplements, & eye drops with you to your appointments. Your doctor needs to be aware of everything you take to avoid possible unpleasant or dangerous side effects.

It is also important that you take your medications as directed. If you are having problems with your medications, discuss it with your doctor as well. Your pharmacist can also assist you with any questions you may have.

## Consider having a family member, caregiver, or friend at your appointment:

Sometimes it is helpful to bring someone with you to your appointment. Your companion can help communicate what you planned to discuss with the doctor, can take notes for you, and can help you remember what the doctor said.

## Take information home with you:

- Take notes during your appointment.
- Ask for additional educational materials.
- Ask for written instructions from your doctor.



# DURING MY DOCTOR VISIT

Don't wait for the doctor to raise a specific question or subject matter. Speak up! It is important to let your doctor know if you don't understand something. If it is important to you — **BE PROACTIVE!**

## DON'T BE AFRAID TO ASK QUESTIONS:

- How do I get after hours care?
- How easy is it to get a referral to a specialist?
- Why do I need the recommended test?
- What can I expect during the test or screenings?
- When can I expect to receive my test results?
  - Are there ways to keep my condition from getting worse?
  - Are there support groups or community services that might help me?







## TALK TO YOUR DOCTOR ABOUT DIET & EXERCISE:

Many times diet and exercise is just what the doctor ordered. Many doctors now recommend that as we age we engage in daily physical activity. We now know that it's never too late to stop smoking, improve your diet, or start exercising.

### **EXERCISE CAN:**

- Help you have more energy to do the things you want to do.
- Help maintain and improve your physical strength and fitness.
- Help improve mood and relieve depression.
- Help manage and prevent diseases like heart disease, diabetes, some types of cancer, osteoporosis, and disabilities as people grow older.
- Help improve your balance.

## Each year 1 in 3 older adults experience a fall

A fall can be a serious event often leading to injury. Those with osteoporosis are at a greater risk of suffering a hip fracture as a result of a fall. The good news is that many falls can be prevented.

Here are some things you can do to improve your balance and prevent falls:

- Exercise for stronger legs and better balance.
- Be careful when walking or climbing stairs.
- Use home safety features such as night-lights and bathroom grab bars for steadiness.
- Have your vision checked.
- Ask your doctor to review medication and take as directed.
- Talk to your doctor about bone density screening



## Bladder incontinence is common among adults over 55

If you suffer from bladder incontinence, working with your doctor, you can take control.

**STRESS INCONTINENCE:** when urine leaks because of sudden pressure on your lower stomach muscles, such as when you cough, laugh, lift something or exercise.

**URGE INCONTINENCE:** when the need to urinate comes on so fast that you can't get to the restroom on time.

## Memory problems are common as we age

We worry about our ability to think and remember as we get older. If you or your family notice that you are having problems remembering recent events or thinking clearly, let your doctor know, be specific about changes you've noticed.







## DON'T WORRY. BE HAPPY!

Depression isn't an inevitable part of aging. Take steps to avoid it and get help, if necessary.

### **TO STAY MENTALLY HEALTHY:**

- Exercise regularly
- Eat a healthy diet
- Get sufficient sleep
- Take a class
- Consider a furry friend such as a dog or cat
- Spend time with friends, neighbors and family members
- Keep your mind active (read, play games, enjoy a hobby, and do volunteer work).

Talk to your doctor if you lose interest in social activities, have trouble sleeping, or experience appetite changes, memory problems, and irritability or anxiety. Your doctor will assess your needs and review your options for a happier, healthier you.

## Alcohol can impact your health

Anyone at any age can have a drinking problem. Alcohol can have a greater effect as a person grows older because the aging process affects how the body handles alcohol. We can also develop a drinking problem later in life due to major life changes like the death of loved ones. In fact, depression in older adults often goes along with alcohol misuse. Talk to your doctor if you think you may be developing a drinking problem.

## AFTER MY DOCTOR VISIT

Make sure you follow any instructions your doctor gave you during the appointment. Asking follow up questions is key to your health. It's okay to contact your doctor after your appointment.

### Follow up:

- If instructions aren't clear, ask for clarification.
- If your symptoms get worse or if you have difficulties with the medicine, call your doctor.
- If you do not hear on your test results, call your doctor.
- Schedule additional recommended test, labs and screenings.

# MEDICAL ORDERS FOR SCOPE OF TREATMENT (MOST)

Throughout your life, you make many choices. Perhaps one of the most important choices you face is how you would like to receive care at the end of your life. While it may be difficult to think about and discuss such a sensitive subject, it is important so that your wishes are carried out. Medical Orders for Scope of Treatment (MOST) describes your wishes about certain medical treatment in your current state of health.

## There are three steps in the process:

- **LET'S THINK** – Reflect on the kind of care you want in the future in your current state of health.
- **LET'S TALK** – Start a conversation with your loved ones and healthcare providers to indicate what treatments you do or do not want.
- **LET'S SHARE** – Communicate your wishes by documenting your decisions. Facilitators can assist you with planning documents such as Medical Power of Attorney, and Advance Directive/Living Will.

You need to plan for situations where you may become unexpectedly incapable of making your own decisions. Making these choices requires understanding the information, weighing the benefits and burdens from your perspective, and discussing your choices with your loved ones.

Call North Texas Respecting Choices at 1-866-308-5888 to start your personal MOST plan.

## CONTACT INFORMATION

Visit Care N' Care at  
[www.cnchealthplan.com](http://www.cnchealthplan.com)

Healthcare Concierge: 877-374-7993

October 1st to February 14th, 8am to 8pm CST,  
7 days a week or February 15th to September 30th,  
8am to 8pm CST, Monday through Friday. (TTY 711)

[Concierge@cnchealthplan.com](mailto:Concierge@cnchealthplan.com)

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