

SELF MANAGEMENT

Self Management means you taking care of you!

Every day you make choices about your health.

- You may choose to take your medications.
- You may choose to get some exercise.
- You may choose to eat healthy.

How can we help you make healthier choices?

Ask questions! We are here to help you.

Educate yourself! Don't understand about your illness or condition? Ask your provider to explain to you about your illness or condition.

Ask for a Patient Wellness Handout. A Patient Wellness Handout explains:

- About your height and weight
- If any immunizations are due
- Your blood pressure
- If you have any allergies
- A list of your current medications

Set goals to improve your health.

- Start with small steps.
- Set goals that are your choices and your goals!

To learn about your health, you can begin by asking 3 questions of your healthcare provider:

- What is my main problem?
- What do I need to do?
- Why is it important for me to do this?

Better Health Management means: "I can learn about my health by asking questions, by telling my provider that I do not understand, knowing when to get help and how to prevent problems.

You can make a change for better health!

