This is How Concerned I Need to be About...

Living With Health Problems
- Feeling overwhelmed with health problems
- Receiving enough help from my health care team
- Doing what I should be doing for my health
- Receiving support from friends and family for my health
- Feeling my health problems keep me from doing what I like to do

My Health Habits
- My eating habits
- My exercise habits
- Taking my medications
- My alcohol use
- My tobacco use
- My mood
- Managing my stress

Understanding Information About My Health
- Having help reading about my health; having help with numbers (like lab results) about my health

Summary of My Health Concerns
Chronic Health Problems:
- Diabetes
- Asthma
- COPD
- Depression
- Hypertension
- High Cholesterol
- Cardiovascular

It is recommended that I discuss these items with my health care team:
- Feeling overwhelmed with health problems
- Receiving enough help from my health care team
- My alcohol use
- My mood