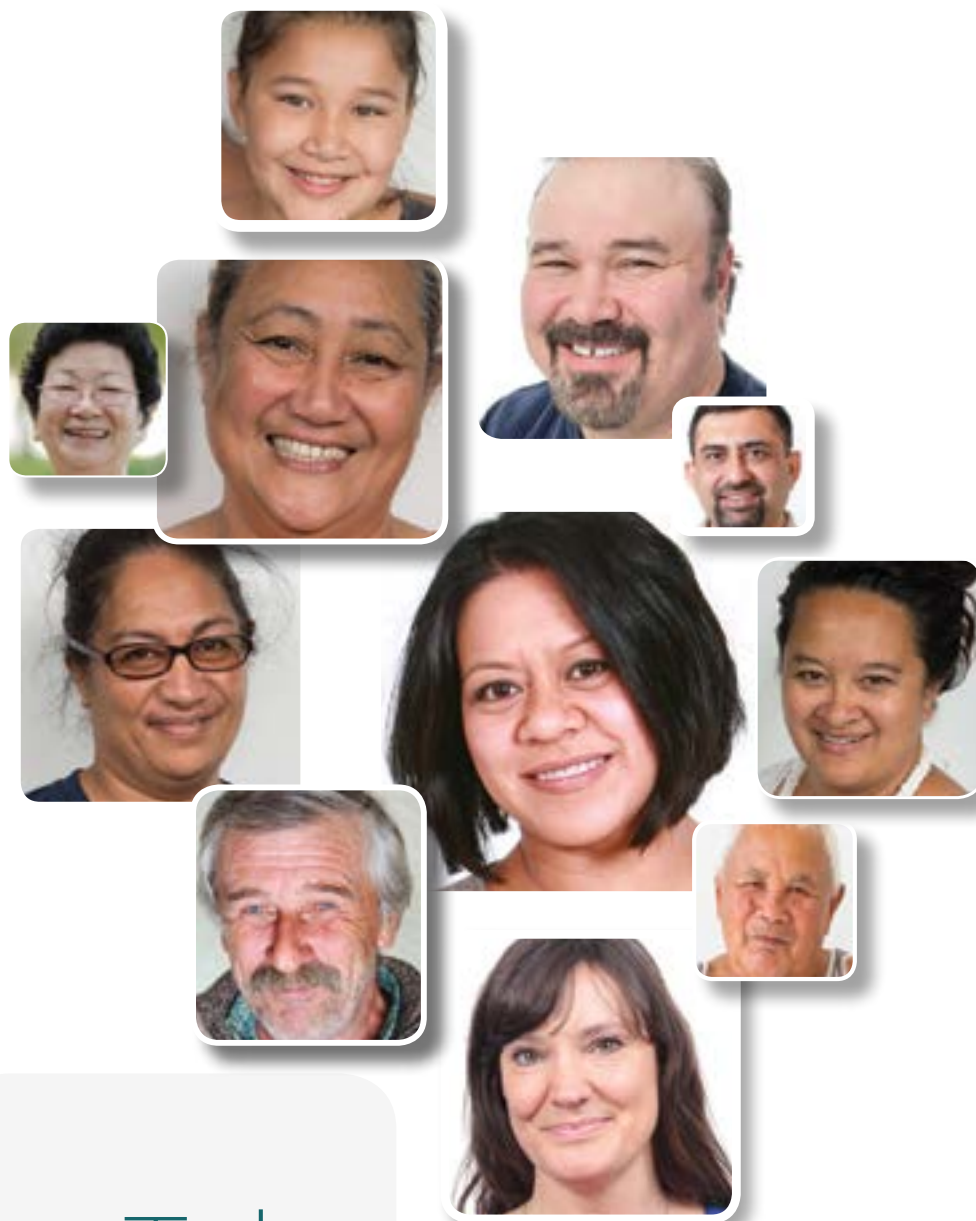


# My Health Plan



Take  
Charge



Name:

NHI:

Date plan created:

Your plan for living well with one or more ongoing health conditions

# About me

This plan is so everyone involved in my health knows:

- About my health condition(s)
- What is important to me and my goals
- The main decisions that my healthcare team and I have made

My name: .....

I like to be known as: ..... I like to be spoken to in: .....

The people/family/whānau I want to include in any decisions about my health are:

.....  
.....  
.....

About me: (such as what I do, any disabilities, my hobbies and interests)

.....  
.....  
.....  
.....

My health conditions and ongoing issues:

1. ....	2. ....
3. ....	4. ....
5. ....	6. ....
7. ....	8. ....

Any allergies and medical alerts: .....

.....  
.....

I have a Patient Portal	<input type="checkbox"/> Yes	<input type="checkbox"/> No, but I want to know more	<input type="checkbox"/> Not for me
I have an Advance Care Plan	<input type="checkbox"/> Yes	<input type="checkbox"/> No, but I want to know more	<input type="checkbox"/> Not for me
I have an Advance Directive	<input type="checkbox"/> Yes	<input type="checkbox"/> No, but I want to know more	<input type="checkbox"/> Not for me



For more information about patient portals and advance care plans see **page 36 and page 37** of the accompanying toolkit.

# My healthcare team

## My healthcare team's contact details

GP: ..... Phone: .....

Nurse: .....

GP clinic address: .....

.....

After hours: ..... Phone: .....

Pharmacy: ..... Phone: .....

In an emergency: .....

Patient portal: .....

### My support team (including family/whānau, specialist, nurse specialist, physio etc):

Name:	Role:	I can visit/ call/ text/ use social media:
.....	.....	.....
.....	.....	.....
.....	.....	.....
.....	.....	.....
.....	.....	.....
.....	.....	.....
.....	.....	.....
.....	.....	.....
.....	.....	.....
.....	.....	.....

**HELPLINES** There is always someone who can help, day or night.  
**Healthline 0800 611 116** for free advice from trained registered nurses.  
**Depression Helpline 0800 111 757** for a trained counsellor.  
**Phone or text 1737** to talk with someone now if you are worried about suicide.  
**Anxiety Line 0800 ANXIETY (2694 389)** for a trained therapist.



# What's important to me?

Let's identify what is important to you

- ▶ This helps you keep motivated to keep well.
- ▶ Don't let health issues stop you from doing the things that are important to you.

Here are some things that other people have said are important to them:

finishing the course I'm studying

visiting my son and family overseas

getting back to work

taking grandchildren fishing

helping out at church

looking after my dog and staying in my own home

▶ Write down what is most important to you:

ME

# What's stopping me?

Lots of things can make it harder to do what is important to you

► Look at each problem below and circle the number that's the closest fit for you:

	Not a problem					Big problem	
Smoking	😊	1	2	3	4	5	☹️
Stress, and worry	😊	1	2	3	4	5	☹️
Feeling low, sad, down	😊	1	2	3	4	5	☹️
Shortness of breath	😊	1	2	3	4	5	☹️
Being tired, no energy	😊	1	2	3	4	5	☹️
Sleep problems	😊	1	2	3	4	5	☹️
Pain	😊	1	2	3	4	5	☹️
Family issues	😊	1	2	3	4	5	☹️
Understanding my health condition(s)	😊	1	2	3	4	5	☹️
Being able to relax	😊	1	2	3	4	5	☹️
Being overweight	😊	1	2	3	4	5	☹️
Money issues	😊	1	2	3	4	5	☹️
Being active	😊	1	2	3	4	5	☹️
Getting out and doing things that I enjoy	😊	1	2	3	4	5	☹️
Sexual problems	😊	1	2	3	4	5	☹️
Healthy eating	😊	1	2	3	4	5	☹️
Work	😊	1	2	3	4	5	☹️
Taking medicines	😊	1	2	3	4	5	☹️
Knowing what to do when I get sick	😊	1	2	3	4	5	☹️
Drinking too much alcohol	😊	1	2	3	4	5	☹️
Stressful relationships	😊	1	2	3	4	5	☹️

► *Is there anything else you would like to add?*

Show this  
to your  
healthcare  
team!

# My Plan

## My goal and action plan

▶ **My goal:** One thing I am going to work on:

Why do I want to do this? .....

How will this help? .....

What could I do to achieve this: Make a list, *choose one thing you could do.*

.....  
.....  
.....

▶ **What will I do:** .....

.....

How much or how often will I do this: .....

.....

When will I do this: .....

.....

Who can help me: .....

.....

How confident am I that I can do this: 😞 1 2 3 4 5 6 7 8 9 10 😊

Other things I will do to help and ask my healthcare team about: .....

.....

Things I am not ready to do yet: .....

.....

Show this  
to your  
healthcare  
team!

# My Plan

Other key health or wellbeing issues					
Key issues	Aim or target	Actions or notes	Who	Follow up	

Key issues can be anything that's important such as current health conditions, any issues you or your healthcare team want to highlight, social issues, etc. For examples, visit [hn.org.nz/summaryplans](https://hn.org.nz/summaryplans) and for more copies, visit [hn.org.nz/takecharge](https://hn.org.nz/takecharge)



# What to do when unwell

## My early warning signs plan — what I need to do

▶ Also known as an acute plan or emergency plan

### FEELING GREAT

How do I know?

.....

.....

What can I do when I'm feeling great?

.....

.....

### STARTING TO FEEL UNWELL

How do I know?

.....

.....

What can I do to feel better?

.....

.....

### GETTING WORSE

How do I know?

.....

.....

What can I do?

.....

.....

### EMERGENCY

How do I know it's an emergency?

.....

.....

What should I do?

.....

.....



Learn more at: [www.hn.org.nz](http://www.hn.org.nz) – Search for **action plans**. In emergencies, dial 111



# My check-ups

To keep track of my regular check-ups and appointments

Visit	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Total
GP Visit													
Nurse Visit													
Specialist Visit													
Dietitian													
Eye Check													
Feet Check													
Dentist													

**i** Use the blank rows for other visits. For more copies, visit [www.hn.org.nz/takecharge](http://www.hn.org.nz/takecharge)



For more information about living well with an ongoing health condition(s), visit the Health Navigator website: [www.hn.org.nz](http://www.hn.org.nz)



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