



# Set health goals and stay organized

**Staying healthy can be easier if you set goals and keep track of your health. Here are some helpful tips that can help you and your doctors in your own health care.**



**Use the Web to get smarter about your health**

[www.PlanForYourHealth.com](http://www.PlanForYourHealth.com)  
[www.intelihealth.com](http://www.intelihealth.com)  
[www.webmd.com/phr](http://www.webmd.com/phr)  
[www.communityvitality.com](http://www.communityvitality.com)

## **Set your health care goals**

- Talk to your doctor and set goals you know you can reach.
- Make a list of your goals and keep the list where you can see it every day.
- Share your goals with your family and friends. Ask for their support.
- Take small steps to get to your goals and write down what you do each day.
- Review your goals during each doctor visit.
- Tell your doctor about the steps you're taking and the progress you're making.

## **Give your doctors important health information**

Keep a list of important health information, including your health history. Take it with you when you visit your doctor or dentist. You should list:

- Current medicines, including the dose you take and how often you take it. (Don't forget to include any over-the-counter drugs.)
- Tests you have had recently and their results.

- Previous surgeries or procedures. Write down when and where you had these done.
- Health conditions and the different doctors you see for these conditions.

## **Keep your health information in one place**

- Keep current medical information in a safe place in your home. Make sure a family member or close friend also has this information in case it is needed in an emergency.
- You might want to carry a copy of your health history in your purse or wallet too.
- Use an online personal health record. Use one from your health insurance company or choose one from a reliable health website.

Giving doctors your health information helps them care for you better. So when you take these steps listed here, you will be helping yourself.

