








## Are you ready to manage your own health care?

Each square on this card describes a health care situation you might face as an adult. We encourage you to talk with your doctor and family about how you would handle each situation. When you feel confident about what you'd do in a situation, put an X on that square. See if you can put an X on every square.

 <p>I have to fill out forms at my doctor's office and don't know an answer to a question.</p>	 <p>I need to fill or refill a prescription.</p>	 <p>I need to schedule, cancel or reschedule an appointment.</p>	 <p>I have orders for medical tests and I am not sure why.</p>	 <p>I need medical care right now.</p>
 <p>I need to explain my condition and medical history.</p>	 <p>I'm taking a medication that may have serious side effects.</p>	 <p>I need to check if a doctor takes my health insurance.</p>	 <p>I've moved away from my doctor or pharmacy and need to find a new one.</p>	 <p>My symptoms are getting worse or I'm having new symptoms.</p>
 <p>I feel isolated, anxious, sad, scared or angry about my condition or health.</p>	 <p>I've been prescribed a medication I don't know how to use.</p>	 <p>_____</p> <p>_____</p> <p>_____</p>	 <p>I need to learn how to use MyChart and decide who has access to my account.</p>	 <p>I need to know about and ask for support for my condition at school or work.</p>
 <p>I need to explain what medications I take and what their dosages are.</p>	 <p>I'm out of my medication and my pharmacy is closed.</p>	 <p>I got a medical bill and I need help to pay it.</p>	 <p>I have questions for my doctor or don't understand what they're saying.</p>	 <p>I need help learning about sex, sexual health and/or pregnancy.</p>
 <p>I'm in a relationship or other social situation that may not be good for my health.</p>	 <p>I need health insurance.</p>	 <p>I'm in a health crisis and can't communicate with people trying to help me.</p>	 <p>I need help learning about nutrition and physical activity for my condition.</p>	 <p>I have to travel and need to bring my medication or medical device.</p>