
























Use these progress bars to track health care skills

Fill in the progress bars to show how you feel about each skill

 I'M LEARNING TO DO THIS

 I CAN DO THIS WITH HELP

 I CAN DO THIS ALONE

-  Know my doctor's name and location, or how to find this information
-  Explain my condition, symptoms and medical history
-  Get medical help when needed
-  Know what to do if I need to be admitted to the hospital
-  Explain what tests I need and why
-  Name my medication and explain how and when I take it
-  Explain what side effects my medication may have
-  Refill my prescription
-  Schedule, cancel and reschedule an appointment
-  Fill out forms at my appointments
-  Access my health information
-  Pay my medical bills or get help paying them
-  Get health insurance
-  Check if a doctor takes my insurance
-  Ask for support for my condition at school or work
-  Manage my medication or device while traveling
-  Bring or ask questions at appointments to make sure I understand
-  Add your own skill here : _____