

READY. SET. TAKE CHARGE.

It's easy to start taking charge of your health. And, it's still okay to ask your parents about it. The important thing is to find out how much you do know and learn the answers to what you don't. So, let's start:

(Use the space provided to write down your answers.)



FIRST: DO AS MUCH AS YOU CAN ON YOUR OWN.

a. What activities do you need to do to keep yourself healthy?

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b. Can you do these activities by yourself?
Or do you need someone to help you?

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c. Do you know how to direct others to help you?

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SECOND: TAKE PART IN THE DECISIONS ABOUT YOUR HEALTH.

a. Do you talk to your doctor during your visits?

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b. Do you understand your needs? What are they?

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c. Do you ask questions and agree to treatments?

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d. Where do you go for more information besides your doctor?

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Write down any extra thoughts or questions you may have.

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THIRD: LEARN AS MUCH AS YOU CAN ABOUT YOUR HEALTH NEEDS.

a. Do you know what your diagnosis is called?

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b. What medications do you take?

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c. When do you take them?

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d. Do you know how to re-order your medications?

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e. What is your doctor's name and phone number?

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f. Who should be called in case of an emergency?

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Take your time, this is not a test. Relax and go at your own pace. Just remember, the more you think about your health, the better prepared you'll be when you're finally on your own!