



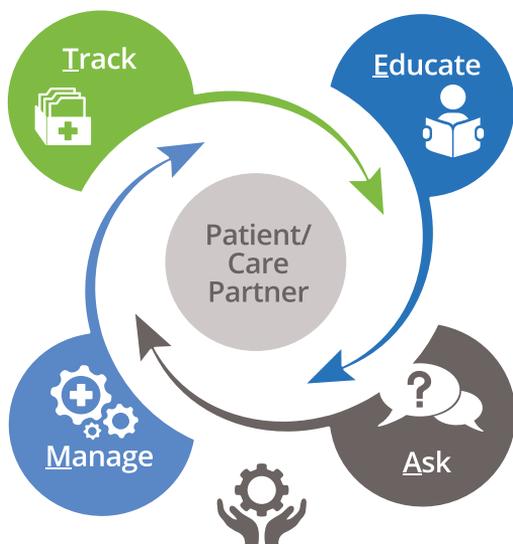
ACTIVATE YOURSELF WITH THE T.E.A.M. Approach[®]

TRACK Keep records of everything important about your health e.g. medical history, symptoms, medications, health records and copies of test results.

EDUCATE Be an informed and educated, but not overwhelmed individual. Access and understand information in an understandable and reliable format to help you make informed decisions.

ASK Ask questions such as: Why, What if and How can we do this together? Asking questions can open up communication between you and your health care professionals.

MANAGE Set objectives for your health care by asking questions such as: What do I want for my health care, from my medical team and from the doctor's appointment I am about to attend?

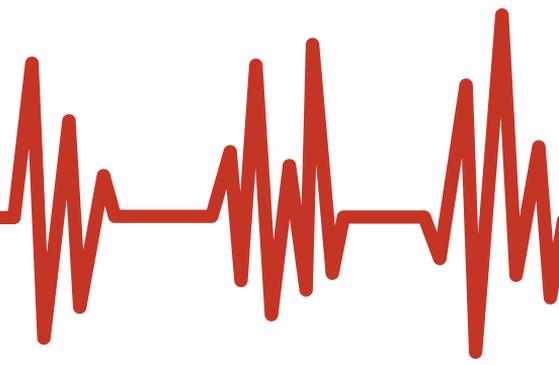


Support groups, family, doctors

TEAM APPROACH[®] BY CLAIRE SNYMAN 2017

Adapted from "ACTIVATE: How to Save your Life in a Complex Health Care System" by Claire Snyman

ACTIVE PATIENT PULSE



Where are you on the Patient Activation Scale?

LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4
More passive	Building confidence & knowledge	Taking Action	Maintaining behaviors
You struggle with the confidence to play an active part in your health. It is overwhelming to manage your own health.	You have some knowledge and can set simple goals, but large gaps still remain on overall health understanding. You still feel a lack of confidence about managing your health.	You have the key facts and are beginning to take action. Sometimes it is hard to support your behaviors.	You have adopted new behaviors, but it may be a challenge to maintain them during times of stress or health crises.
<i>"My doctor is in charge of my health"</i>	<i>"I could be doing more"</i>	<i>"I'm part of my health care team"</i>	<i>"I'm my own advocate"</i>



Increasing level of activation

Adapted from "The King's Fund: Supporting people to manage their health. An Introduction to patient activation"