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

Visit www.twosteps.ca for more info.

**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?

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**Where are you on the Patient Activation Scale?**

<table>
<thead>
<tr>
<th>LEVEL 1</th>
<th>LEVEL 2</th>
<th>LEVEL 3</th>
<th>LEVEL 4</th>
</tr>
</thead>
<tbody>
<tr>
<td>More passive</td>
<td>Building confidence &amp; knowledge</td>
<td>Taking Action</td>
<td>Maintaining behaviors</td>
</tr>
<tr>
<td>You struggle with the confidence to play an active part in your health. It is overwhelming to manage your own health.</td>
<td>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.</td>
<td>You have the key facts and are beginning to take action. Sometimes it is hard to support your behaviors.</td>
<td>You have adopted new behaviors, but it may be a challenge to maintain them during times of stress or health crises.</td>
</tr>
</tbody>
</table>

"**My doctor is in charge of my health**"  
"**I could be doing more**"  
"**I’m part of my health care team**"  
"**I’m my own advocate**"

**Increasing level of activation**

*Adapted from “The King’s Fund: Supporting people to manage their health. An Introduction to patient activation”*