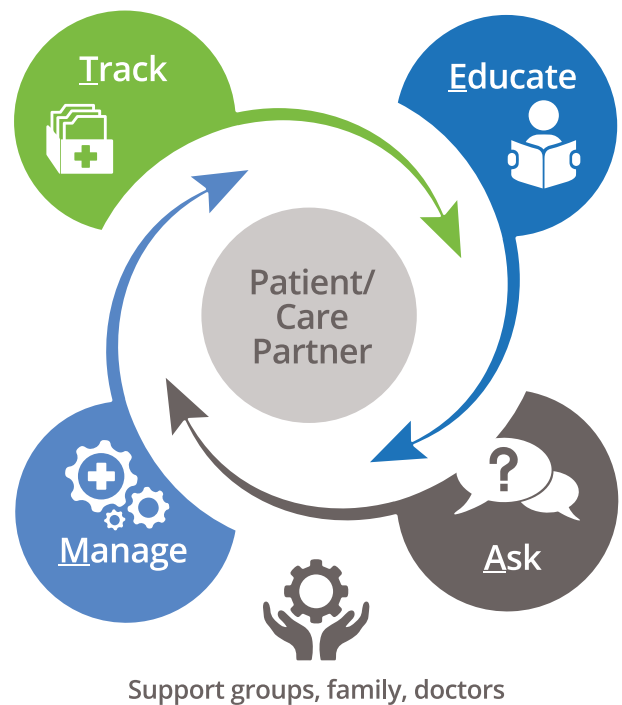


## How To Be Health Confident:

# MANAGING OUR HEALTH

Learning how to be confident in managing our health and health care is a work in progress. The benefits of having the knowledge, skills and confidence to be an active partner in our health and health care are numerous. It's important we see ourselves as part of our health care team #PartnersinHealth.

It's known that teams become effective with good management. The same can be said for our health and health care. As individuals, we can continue to find ways to be engaged in thinking about our health and partnering with our health care team.



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- Think about a long term goal (6-12 months) for your health and write it down
- Think about the short term goals that will help you achieve your long term goal and write them down
- Think about what you want for your health care, from your medical team and from the doctor's appointment you are about to attend. Set a short term goal e.g. By the end of my appointment, I would like an action plan for my migraines
- Identify anyone who might help you achieve your goals. They could be on your health care team, family, caregivers, friends or a support group
- Take it one day at a time. Each step you take to becoming more activated in your health and health care, is a step in the right direction!

