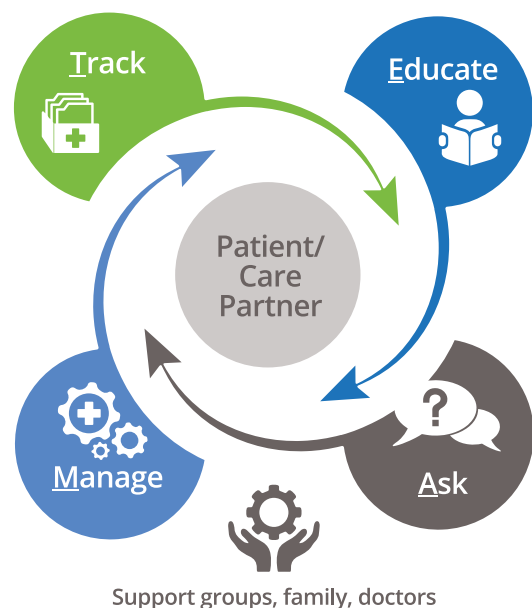


How To Be Health Confident:

TRACKING 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.

A key area to start with is keeping records of everything important about our health. This helps create a 'medical profile'. Until we have consistency across health care systems of our health data, it is important we have our own bird's eye view of our medical profile. This will help us and our health care team.



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- Put together a 'binder' to file all of your records. This may be a physical folder or an electronic folder
- Ensure you have a list of all your health care team members, their specialties and contact numbers
- Prepare a list of all your medications. Write down the name and dose e.g. Naproxen 250mg twice per day. Include any over the counter medications and supplements
- Be aware of all your medical conditions. If you have a complex medical history, writing down a timeline can be useful
- Ask for copies of any medical test reports e.g. blood tests, imaging (MRI, X ray), consult reports. These copies can be obtained from your doctor, hospital or even online (through a patient portal)
- Track any symptoms that are affecting your day-to-day life. Record the symptom, when it started, stopped, intensity, and any additional notes. This might be a symptom for a pre-existing condition or a new symptom
- Make a family history tree. Find out if your immediate family have any medical conditions e.g. diabetes, cancer, heart conditions etc.

