



Senior
Health & Wellness
Guide

Helping You Manage Your Health

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Your Personal Health Record™

This booklet is designed to help you manage your healthcare. It is divided into two color-coded sections for easy use.

My Health Record, pages 1-8, provides space to list your medications, doctors' names, and results from health tests/screenings.

Keeping Healthy, pages 9-17, includes useful health information.

Name _____

Home Phone _____

Cell Phone _____

Address _____

City _____ State _____ Zip _____

E-mail _____

In Case of Emergency, Contact:

Name _____

Home Phone _____

Cell Phone _____

Relationship to You _____

My Health Record

Pages in this section are highlighted with blue bars. You can record important health information here.

Health Topics to Review with My Doctor	2-3
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Health Topics to Review with My Doctor

Talk to your doctor about these health topics at every visit. Take notes to review at home.

Fall Prevention

Tell your doctor if you've fallen, had dizzy spells, or lost your balance. Your doctor can help adjust your medicine, suggest exercises, or give you ideas on making your home safer.

Dates Discussed _____

Notes _____

Medications

Complete the medication list on pages 4 and 5. Bring this booklet to your visit. Tell your doctor if any medications are giving you problems.

Dates Discussed _____

Notes _____

Screenings, Tests, Vaccines

Let your doctor know about any health screenings, tests, and vaccines you've had. Find out which ones you may need.

Dates Discussed _____

Notes _____

Physical Health

Diet, an active lifestyle, and proper weight are keys to good health. Find out how you can improve your diet, stay at a healthy weight, and stay active during the year.

Dates Discussed _____

Notes _____

Mental Health

Feeling sad, lonely, or tired for long periods can be signs of depression. Your doctor may have some ideas on how to help you feel better.

Dates Discussed _____

Notes _____

My Medication List

List Your Prescription Medicines

Use a pencil so it's easier to update your list.

Medication Name	What It's For	How Much I Take	When I Take It

List Your Non-Prescription Medications and Vitamins/Herbal Supplements

Include: pain relievers, allergy medicines, antacids, sleeping pills, etc.

(Chart adapted from the U.S. Food and Drug Administration and National Institute on Aging.)

My Healthcare Team

List the names and phone numbers of your doctors, and other healthcare professionals.

Doctor _____

Phone _____

Specialty _____

Doctor _____

Phone _____

Specialty _____

Doctor _____

Phone _____

Specialty _____

Other Provider _____

Phone _____

Specialty _____

Other Provider _____

Phone _____

Specialty _____

Recent Health Tests and Screenings

List recent tests and screenings here. See pages 10-11 for a list of tests and screenings covered by Medicare.

Test/Screening _____

Date _____

Reason _____

Result _____

Test/Screening _____

Date _____

Reason _____

Result _____

Test/Screening _____

Date _____

Reason _____

Result _____

Test/Screening _____

Date _____

Reason _____

Result _____

Preventive Services Covered by Medicare

Talk to your doctor about which tests or screenings you need, and how often. Find out which may require a referral from your doctor.

Note: You may need to pay a portion of the costs for some of these preventive services.

- Abdominal aortic aneurysm screening
- Alcohol misuse screening and counseling
- Bone mass measurement
- Breast cancer screening (mammogram)
- Cardiovascular disease (behavioral therapy)
- Cardiovascular disease screenings
- Cervical and vaginal cancer screening
- Colorectal cancer screenings:
 - Fecal occult blood test
 - Flexible sigmoidoscopy
 - Colonoscopy
 - Barium enema
 - Multi-target stool DNA test
- Depression screening
- Diabetes screenings

- Diabetes self-management training
- Flu shots
- Glaucoma tests
- Hepatitis B shots
- Hepatitis C screening test
- HIV screening
- Lung cancer screening
- Medical nutrition therapy services
- Obesity screening and counseling
- Pneumococcal shot
- Prostate cancer screenings
- Sexually transmitted infections screening and counseling
- Tobacco use cessation counseling
- “Welcome to Medicare” preventive visit (one-time)
- Yearly “Wellness” visit

For more about these preventive services, **1-800-633-4227 (TTY: 1-877-486-2048)**, or visit **www.medicare.gov**.

(Source: Medicare)

Improving Your Doctor Visit

These tips can help you make the best use of the time with your doctor.

Getting Ready for Your Visit

- Write down a list of your concerns
- Bring a family member or friend
- Bring important health information and records with you

Making Good Use of Your Time

- Be honest about your health habits
- Discuss your most important health concern first
- Share any symptoms you're having
- Ask your doctor to explain anything you don't understand

Helping You Remember

- Take notes
- Ask your doctor for written or recorded materials
- For questions or concerns, call or e-mail your doctor afterward

(Tips adapted from the National Institute on Aging's booklet: Talking with Your Doctor—A Guide for Older People.)

Questions to Ask About Your Medications

- What is the name of the medication?
- What is it for?
- How and when do I take the medication?
- How long will I be on the medication?
- What should I do if I miss a dose?
- Are there any other special instructions to follow?
- What foods, drinks (including alcohol), other medicines, dietary supplements, or activities should I avoid while taking this medication?
- What should I do about refills?
- What are the common side effects, and what should I do if I have them?
- When should I expect the medication to start working, and how will I know if it is working?
- Will this new prescription work safely with my other prescription and non-prescription medicines or dietary supplements?
- How and where should I store this medicine?

(Checklist adapted from NCPIE and the National Institute on Aging.)

Useful Health Information

These websites and phone numbers provide useful health information. Visit your library if you don't have Internet access at home.

General Health Information

Centers for Disease Control and Prevention

1-800-232-4636 (TTY: 1-888-232-6348)

www.cdc.gov

Medicare Information

1-800-633-4227 (TTY: 1-877-486-2048)

www.medicare.gov

National Institute on Aging Information Center

1-800-222-2225 (TTY: 1-800-222-4225)

www.nia.nih.gov/health

www.nihseniorhealth.gov

www.nia.nih.gov/espanol

U.S. Office of Disease Prevention and Health Promotion

www.healthfinder.gov

www.health.gov

Physical Activity and Exercise

Go4Life from the National Institute on Aging

1-800-222-2225 (TTY: 1-800-222-4225)

www.nia.nih.gov/Go4Life

Physical Activity & Exercise

President's Council on Fitness, Sports and Nutrition

www.fitness.gov

Nutrition

Academy of Nutrition and Dietetics

www.eatright.org/resources/for-seniors

U.S. Department of Agriculture

www.ChooseMyPlate.gov

Medication Information

U.S. Food and Drug Administration

1-888-463-6332 (TTY: 711)

www.fda.gov/ForConsumers

MedlinePlus — National Library of Medicine

<https://medlineplus.gov/medicines.html>

Useful Health Information

Health Conditions and Diseases

American Heart Association

1-800-242-8721 (TTY: 711)

www.heart.org

National Heart, Lung, and Blood Institute

1-301-592-8573 (TTY: 711)

www.nhlbi.org

American Cancer Society

1-800-227-2345 (24 hours/7 days a week)
(TTY: 711)

www.cancer.org

National Cancer Institute

1-800-422-6237 (TTY: 711)

www.cancer.gov

American Diabetes Association

1-800-342-2383 (TTY: 711)

www.diabetes.org

Other Health Websites

Health Website Checklist

The Internet can be a useful way to find health information. Use this checklist to make sure the health websites you visit are trustworthy.

- Who posts the content? Government agencies, professional medical organizations, and nonprofit health organizations provide reliable information.
- Is the online article or blog written by a healthcare professional?
- Does a board of health professionals review the medical content?
- Are sources given for statistics?
- Does the website sponsor clearly state its purpose and goal?
- Because health information gets outdated quickly, does the website post the source and date for information?

(Questions adapted from the National Institute on Aging.)

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Review Copy