### My Health Tracker

A tool to help you and your health team make a plan for you to get and stay healthier

### Medications:

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<tr>
<th>Name</th>
<th>Instructions/Frequency</th>
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<tr>
<th>Over-the-counter/Herbal/Other</th>
<th>Instructions/Frequency</th>
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### Chart My Progress:

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<th>Date</th>
<th>Goal</th>
<th>Completed</th>
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We know it’s not easy to make a plan for your health. At times there can be many obstacles along the way. But we know you and your team can do it!

- Think about your top three health goals. Review them with a family member or your closest friend.
- Take your Health Tracker with you to every appointment. Make changes when you have new health information or medicines.
- Ask your provider(s) to help you review and update your Health Tracker at every office visit.
- Complete a Health Tracker for each of your children. Please share a copy with his or her teachers and the school nurse.
- The more you use your Health Tracker, the more useful it will be!

Additional Health Team Members:

Name: _______________________
Phone number: _______________________
Email: _______________________

In case of emergency call:
Name: _______________________
Relationship: _______________________
Phone number: _______________________

Primary care provider (PCP) name: _______________________
PCP phone number: _______________________
Therapist name: _______________________
Therapist phone number: _______________________

1. Name: _______________________
   Relationship: _______________________
   Phone number: _______________________

2. Name: _______________________
   Relationship: _______________________
   Phone number: _______________________

3. Name: _______________________
   Relationship: _______________________
   Phone number: _______________________

My Health Story:
If you can’t make health care decisions for yourself, or you can’t communicate because you’re sick or injured, you have the right to fill out a legal document naming someone as your Health Care Proxy. The Health Care Proxy should be someone close to you who knows your wishes and will act on your behalf.

Health Care Proxy:
☐ Yes-Name: _______________________
☐ No

An Advanced Directive is a health care decision that your Health Care Proxy can make for you according to your wishes if you are unable.

Advanced Directive:
☐ Yes-Contact name: _______________________
☐ No

My Health Goals:
1. _______________________
2. _______________________
3. _______________________

Health care management helps those who are living with more than one medical and/or behavioral health condition. Our Integrated Care Management Program, known as the ICMP, can help you care for your medical, mental health and/or substance use disorders. Care managers will work with you or your caregiver on a one-to-one basis to help you:

- Learn more about your health and connect to other services with your health needs in mind;
- Understand the treatment plan of care set by you and your doctor; and
- Choose the care that is best for you.

For more information or to join the ICMP, call 1-800-495-0086, Ext. 454165 or (617) 790-4165 or talk to your doctor!