



Choosing what matters.
Doing what works.

Patient Priorities Care Health Priorities Template (**facilitated version**)

What Matters most (Values):

Most Important Health Goals: Health goals are specific and realistic activities or outcomes that show you are doing what matters most in your life. These health goals are what you want to achieve with your healthcare.

1.

2.

Health care preferences (Helpful and burdensome care)

Helpful care: self-management tasks, clinical visits, tests, or procedures, that you think are helping most with your health goals and you can do them without too much difficulty

1.

2.

Burdensome care: self-management tasks, clinical visits, tests, or procedures that don't think are helping your goals and are burdensome or too difficult. You should talk with your doctor about whether these are helping your goals. If not, can you stop them or cut back? If they are helping, is there a way to make them less burdensome or less difficult?

1.

2.

Current Medications

Helpful: Medications you think are helping most with your health goals and you can take without too much difficulty

1.

2.

Burdensome: Medications you don't think are helping your goals and are too burdensome. You should talk with your doctor about whether these are helping your goals. If not, can you stop or decrease? If they are helping, is there a way to make them less burdensome?

1.

2.

Most Bothersome Symptom:

One Thing: Your most important health goal is (*insert most important health goal*). What **ONE THING**, (*Fill in a symptom or health problem, burdensome health tasks or medication*) do you most want to focus on so that you can do (*insert most important health goal more often or more easily?*)"