

My Health Priorities Summary

Step 1: What Matters Most (see page 6)

- 1.
- 2.

Step 2: Health Goal—The specific activity you most want to do that is realistic and doable with your health care (see page 12)

I want to (*insert specific activity*) _____
for/in/over (*include time frame*) _____

If needed, revise health goal: _____

Step 3: Most Bothersome Symptoms or Health Problems (see page 16)

- 1.
- 2.

Step 4: Current Health Care Tasks and Medications (see page 19)

Helpful

Tasks: 1. 2.

Medications: 1. 2.

Burdensome

Tasks: Why burdensome?

1.

2.

Medications: Why burdensome?

1.

2.

Step 5: The One Thing to Focus On (see page 24)

The one symptom, health problem, health task, or medication I most want to focus on is _____ so that I can (*insert health goal*) _____ more often or more easily.