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.