

Your health priorities



Print this sheet and bring it to your next doctor appointment to start the conversation about your goals and preferences.

Health goals: What you want to be able to do

Health-care preferences and trade-offs

The one thing about my health care I most want to focus on is: _____
_____ so that I can do more of: _____
_____ more often or more easily.

Things I'm willing and able to do for my health (for example, stick to prescribed diet and /or exercise plan):

Things I am unable to do/causes problems/are not helpful (for example, take daily shots that hurt and/or medicine that makes me too tired): _____

Tips for talking with your health-care team:

EXAMPLE LANGUAGE TO USE:

- Now that you understand what's important to me, can we work on a solution that would allow me to _____
- I really don't like _____
- What concerns me most is _____
- My main priority is making sure that I can _____
- Even if it's uncomfortable, I'm willing to _____ if it helps me _____
- I'm willing to _____ if it helps me meet my goals.