



### Taking Charge, What do you know?

A natural part of growing up and moving on includes becoming responsible for your health care. Whether you attend college or work, live alone or with someone else, being as healthy as possible means knowing your own body and how you stay well.

Name: \_\_\_\_\_ Age: \_\_\_\_\_

Primary care physicians name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone Number: \_\_\_\_\_ Fax Number: \_\_\_\_\_

What is my diagnosis? \_\_\_\_\_

\_\_\_\_\_

Where do I order my medications? \_\_\_\_\_

Phone # \_\_\_\_\_

What is my insurance information? \_\_\_\_\_

The medications I take are:

Name	Dosage	How Often	Why do I take this medication?

What happens when I don't take them? \_\_\_\_\_

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Are there any interactions I should know about? \_\_\_\_\_

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What does my disability mean for me specifically? \_\_\_\_\_

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Is there anything other people need to know about my disability? \_\_\_\_\_

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Are there specific things I need help with in everyday life? \_\_\_\_\_

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What is my number one goal right now? \_\_\_\_\_

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What do I need to get there? \_\_\_\_\_

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Other Notes: \_\_\_\_\_

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NH Family Voices, 129 Pleasant Street, Concord, NH 03301 [www.nhfv.org](http://www.nhfv.org)  
YEAH Council [www.yeahnh.org](http://www.yeahnh.org)