

## Consumer Guide 2: Managing Health & Chronic Illness

### 5 Things to Talk About with Your Care Providers

*Choose one or more topics and sample questions that are right for you to make a plan for the best possible care.*

**INFORMATION****1. I'd like to understand more about my health condition and treatment.**

- Here's what I know about my health or illness. Here's what I'd like to know from you today.
- Looking ahead: What's the likely path of my condition and the treatment choices I may face?

**MY GOALS****2. Let's talk about my goals and explore the care I want and do not want.**

- My health is changing. Here's how I'd like to feel and what I'd like to be able to do.
- Some things are working well in managing my condition. Here's where I need help.
- Here's what is most important to me- my values, family traditions, care choices and preferences.
- Here's what frustrates me or worries me.
- These things make it harder to stay well - (travel to appointments; my medicines, food, housing; feeling stressed or depressed; getting care close to home or at home; being alone; need help).

**MY PLAN****3. Let's talk about my care plan and completing my planning documents.**

- I'd like to prolong my good health as long as possible. How do we do that?
- Let's set some do-able goals and make adjustments: here's what I'm able to do.
- Knowing my goals and care preferences, what treatments and care do you recommend?
- I'd like to complete or update my planning documents. \* Choose one or both:
  - Health Care Proxy: I want to choose a Health Care Agent; can you help me?
  - Personal Directive: Write down what's important to me and my instructions for care.

**KNOW MY CHOICES***Update My Plan***4. I'd like to update my plan and make sure you know my choices.**

- Let's review my current condition. Here's how my priorities and care choices have changed.
- At this point in managing my health, here is the medical care I want and do not want.
- Let's review my medical record to make sure my documents and your notes reflect my choices.
- Is my Health Care Proxy in my medical record? Is the contact information up to date?

**HONOR MY CHOICES****5. I'd like to make sure my care providers honor my choices.**

- What steps can we take now to be sure my doctors will honor my choices in an emergency?
- I'd like to bring in my family/Health Care Agent to talk about my plan and honoring my choices.
- I'd like to talk more - can we schedule our next conversation?

*Write-in your own questions below to bring to your next appointment.*

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*\*Multilingual Health Care Proxy and Personal Directive are available on the [Honoring Choices website](#).*

*See the **Consumer Conversation Guide Series** [on our website](#). Guide 1 helps you start a simple conversation. Guides 2-4 helps you manage health and chronic illness and live well with serious illness.*