

MY HEALTH CARE PLAN



Name: _____

My annual preventive health appointment was on _____

I was seen by _____

My next preventive yearly exam will be on _____

This care plan is based on your health assessment. It indicates what was found, the risks, and several recommendations. Following them will help you live a whole life and enjoy complete health.

Complete Health



Health conditions and what was found

Heart conditions

☐ At this time, I do not have any heart conditions, but I need to continue with my preventive care.

I was found to have:

	Condition	How it affects me	What should I do	Appropriate values for me
☐	High blood pressure	High blood pressure increases your risk of heart, brain, and kidney problems.	▪ Reduce the salt and sodium in your meals. ▪ Exercise. ▪ Maintain a healthy weight. ▪ Manage stress. ▪ Do not smoke. ▪ Take your medications as prescribed.	
☐	High bad cholesterol	High fat levels in your blood (bad cholesterol or LDL) increase your risk of heart problems. Should I use statins? ___ Yes. Which ones? _____ ___ No	▪ Eat more fruits and vegetables. ▪ Choose low-fat dairy products. ▪ Reduce or eliminate high-fat foods such as fried foods, cold cuts, butter, and processed products. ▪ Exercise. ▪ Maintain a healthy weight. ▪ Take your medications as prescribed.	
☐	Other			

The medications I must take for heart disease are:

Medicine	How it helps me	Amount I should use	Number of times a day I must use it

The labs or tests associated with heart disease that I need to have done are:

☐	
☐	

I need to visit the following medical specialists:

☐	
☐	

Diabetes

☐ At this time, I do not have diabetes, but I need to continue with my preventive care.

I was found to have:

Condition		How it affects me	What should I do
☐	Type 1 diabetes	Prevents blood sugar from being regulated, requiring constant control with insulin, diet, and monitoring to avoid complications.	▪ Keep measuring your blood sugar. ▪ Use insulin as directed. ▪ Eat foods low in sugar or carbohydrates.
☐	Type 2 Diabetes	The body does not use insulin properly, which can raise blood sugar and requires lifestyle changes for management.	▪ Eat foods low in sugar or carbohydrates. ▪ Exercise. ▪ Maintain a healthy weight. ▪ Take your medications as prescribed.
☐	Gestational Diabetes	Blood sugar rises during pregnancy, requiring dietary care and monitoring to protect both mother and baby.	▪ Eat foods low in sugar or carbohydrates. ▪ Exercise. ▪ Maintain a healthy weight. ▪ Stay in touch with your physician during pregnancy and mention any changes.

The medications I should use for diabetes are:

Medicine	How it helps me	Amount I should use	Number of times a day I must use it

The labs or tests associated with diabetes that I need to have done are:

☐	
☐	

I need to visit the following medical specialists:

☐	
☐	

Kidney disease

☐ At this time, I do not have kidney disease, but I need to continue with my preventive care.

I was found to have:

ConditionHow it affects meWhat should I do			
☐	Kidney disease, stage 1	The kidneys are functioning normally, but there are signs of damage.	Have regular checkups with your doctor to monitor any changes in kidney function.
☐	Kidney disease, stage 2	The kidneys are starting to lose some function, but they can still do their job; regular monitoring is needed.	Monitor blood pressure and blood sugar to prevent further damage to the kidneys.
☐	Kidney disease, stage 3	Kidney function is further reduced and may cause mild symptoms such as tiredness or swelling.	Follow a low-salt, low-protein diet, and monitor your weight and cholesterol levels.
☐	Kidney disease, stage 4	The kidneys are severely damaged, and there is a need to start preparing for possible treatment such as dialysis.	Start preparing for treatments such as dialysis and follow medical instructions carefully.
☐	Kidney disease, stage 5	The kidneys are no longer functioning sufficiently, and dialysis or a transplant is needed to survive.	You may need dialysis. Follow your medical treatment and care for your health as best you can.

The medications I should use for kidney disease are:

Medicine	How it helps me	Amount I should use	Number of times a day I must use it

The lab tests associated with kidney disease that I need to have done are:

☐	
☐	

I need to visit the following medical specialists:

☐	
☐	

Respiratory diseases

☐ At this time, I do not have respiratory diseases, but I need to continue with my preventive care.

I was found to have:

Condition		How it affects me	What should I do
☐	Asthma	It affects the lungs, causing difficulty breathing, coughing, and wheezing, especially if you have allergies or engage in physical activity.	▪ Take prescribed medications. ▪ Avoid triggers that cause asthma attacks, such as dust, pollen, smoke, chemicals, etc.
☐	Sleep apnea	It interrupts your breathing while you sleep, making you feel exhausted during the day.	▪ Take prescribed medications. ▪ Be prepared for the possible use of a breathing machine.
☐	Chronic obstructive pulmonary disease	Makes breathing difficult, causing coughing, shortness of breath, and fatigue, especially when exerting yourself.	▪ Quit smoking. ▪ Take prescribed medications. ▪ Avoid elements that trigger asthma attacks, such as dust, pollen, smoke, and chemicals.
☐	Other		

The medications I should use for respiratory diseases are:

Medicine	How it helps me	Amount I should use	Number of times a day I must use it

The lab tests associated with respiratory diseases that I need to have done are:

☐	
☐	

I need to visit the following medical specialists:

☐	
☐	

Muscle and bone diseases

☐ At this time, I do not have muscle and bone diseases, but I need to continue with my preventive care.

I was found to have:

Condition			How it affects me	What should I do
☐	Lower back pain	Difficulty moving, lifting, or standing for long periods causes discomfort or pain.	▪ Do gentle exercises. ▪ Use cold or hot compresses. ▪ Maintain good posture. ▪ You may take pain relievers as recommended.	
☐	Neck pain	Difficulty moving your head causes discomfort and can lead to tension or headaches.	▪ Do gentle stretches. ▪ Use cold or hot compresses. ▪ Maintain good posture. ▪ You may take pain relievers as recommended.	
☐	Knee pain	Difficulty walking, climbing stairs, or doing activities that require bending your legs.	▪ Do gentle stretches. ▪ Use cold or hot compresses. ▪ Maintain good posture. ▪ Avoid standing for long periods of time. ▪ You may take pain relievers as recommended.	
☐	Hip pain	Difficulty walking, sitting, or moving comfortably.	▪ Use cold or hot compresses. ▪ Avoid standing for long periods of time. ▪ You may take pain relievers as recommended.	
☐	Osteoporosis	Weakens bones, increasing the risk of fractures from minor bumps or falls.	▪ Consume calcium and vitamin D as recommended. ▪ Exercise. ▪ Avoid falls. ▪ Follow your medical treatment.	

☐	Rheumatoid arthritis	Causes pain, swelling, and stiffness in the joints, making it difficult to move and perform daily activities.	▪ Take the recommended medications. ▪ Do gentle exercises. ▪ Rest when necessary.
☐	Other		

The medications I should use for muscle and bone diseases are:

Medicine	How it helps me	Amount I should use	Number of times a day I must use it

The lab tests associated with muscle and bone diseases that I need to have done are:

☐	
☐	

I need to visit the following medical specialists:

☐	
☐	

Digestive system diseases

☐ At this time, I do not have digestive system diseases, but I need to continue with my preventive care.

I was found to have:

Condition				How it affects me		What should I do	
☐	Reflux	It causes heartburn and pain in the stomach or chest and can make you feel sick after eating.		▪ Avoid foods that cause heartburn, such as fatty foods, acidic foods, citrus fruits, and alcohol. ▪ Eat small portions. ▪ Do not lie down after eating. ▪ You could take medications recommended for heartburn.			
☐	Gastritis	Causes pain or discomfort in the stomach, especially after eating, and can cause nausea or heartburn.		▪ Avoid spicy or fatty foods. ▪ Eat small portions. ▪ Take the recommended medications.			
☐	Gastroenteritis	Causes diarrhea, vomiting, stomach pain, and fever, leaving you weak and dehydrated.		▪ Drink plenty of fluids to prevent dehydration. ▪ Eat soft foods. ▪ Rest until you feel better. ▪ Take the recommended medications.			
☐	Diverticulitis	Causes abdominal pain, bloating, and sometimes problems such as constipation or infections.		▪ Drink plenty of fluids to prevent dehydration. ▪ Eat fiber-rich foods like fruits, vegetables, and whole grains. ▪ Take the recommended medications.			
☐	Other						

The medications I should use for digestive system diseases are:

Medicine	How it helps me	Amount I should use	Number of times a day I must use it

The lab tests associated with digestive system diseases that I need to have done are:

☐	
☐	

I need to visit the following medical specialists:

☐	
☐	

Other diseases:

What they found		What I can do
☐		
☐		
☐		

My mental and emotional health

Condition	How it affects me	Recommendation
☐ Anxiety	It can make you feel nervous, worried, or tense, sometimes making it difficult to concentrate or relax.	- Do deep breathing exercises. - Consider receiving individual counseling services with a psychologist and monitoring your symptoms.
☐ Mild depression	It makes you feel sad, lacking energy, and less motivated.	You should receive individual counseling services with a psychologist and symptom monitoring.
☐ Moderate to severe depression	It can cause profound sadness, hopelessness, difficulty performing daily tasks, and sometimes thoughts of not wanting to go on.	You should be evaluated by a psychologist and/or psychiatrist for proper management of the condition.
☐ Other		

Situations and behaviors that affect me:

Condition		How it affects me	Recommendation
☐	Domestic violence	It causes fear, emotional, and physical pain. It affects your well-being and your ability to feel safe and at peace.	Seek support from family, friends, or professionals, and consider seeking legal help or safe shelters if necessary.
☐	Smoking	It affects your lungs and is one of the leading causes of heart disease.	Call the "¡Déjalo ya!" (Quit Now!) Smoke cessation hotline: 1-877-335-2567 Puerto Rico Department of Health
☐	Alcohol abuse/drug abuse	It can damage your physical and mental health, affect your relationships, and cause you to lose control of your decisions and behavior.	▪ Seek professional help. ▪ Establish a support system with family or friends. ▪ Participate in treatment programs or support groups.
☐	Risky behaviors in sexuality	You can contract sexually transmitted diseases or have an unwanted pregnancy.	▪ Use protection during every sexual encounter. ▪ Get screening tests done regularly.
☐	Other		

Vaccines I should get:

Vaccine		Vaccine	
☐	Influenza	☐	Hepatitis A
☐	COVID 19	☐	Hepatitis B
☐	Pneumonia	☐	Meningococcus
☐	Shingles	☐	Measles (MMR)
☐	Chickenpox	☐	Respiratory syncytial virus (RSV)
☐	Human Papillomavirus (HPV)	☐	Monkeypox (MPOX)
☐	Tetanus	☐	Other:

What tests or preventive actions should I take:

☐	Mammogram for breast cancer screening.
☐	A Pap smear helps detect problems in the cervix.
☐	Test to detect human papillomavirus.
☐	Test to detect colon cancer.
☐	Lung function test (spirometry).
☐	Bone density test.
☐	Check all your medications with your doctor or pharmacist to identify duplicates or interactions.
☐	Visit to the dentist.

Other recommendations:

Physician's name:	Date:
Physician's signature:	NPI:
License number:	