

# Make the Most of Each Medical Visit... and the Time Between Visits

Every medical visit gives you a chance to talk with your medical provider about getting healthy, staying healthy, and keeping others safe.

## Maybe something in your life changed since your last visit...

... A new job is making it hard to stick to your medicines schedule

... You recently moved and are having trouble getting to medical appointments

... You're dating someone new, but haven't talked to them about STDs or HIV yet

... You are thinking about having kids and want some advice

These are all examples of topics you can talk about with your medical provider. Together, you can **set a goal** – something you want to work on or change between now and your next medical visit to help you overcome challenges like these.

## Maybe you have questions about healthy living and healthy relationships...

... options for safer sex

... how to reduce side effects from medicines

... healthy ways to deal with depression and anxiety

... getting help with alcohol or drug use.

**We believe you can achieve your goal and protect your health.**

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## myAction Plan

### Write your goal and the steps you'll take to reach that goal on this Action Plan.

At your next medical visit, talk to your medical provider about progress you've made and ask for support if you've had any roadblocks to success.

Date of visit with medical provider: \_\_\_\_\_

Issue we discussed: \_\_\_\_\_

Solution I agreed to try: \_\_\_\_\_

Date of next appointment: \_\_\_\_\_

### Remember... change is an ongoing process.

Understand that you may make mistakes along the way. Don't be afraid to ask for help from friends and family.