

my health action plan



my name goes here

date of annual health check: **dd/mm/yyyy**

date health action plan completed: **dd/mm/yyyy**

name of GP: **[name of GP here]**





my details



my name

my name goes here



my date of birth

my dob goes here



my address

**my
address
goes
here**

my postcode

my postcode goes here



my phone number

my number goes here



my next of kin

**name of person we should
contact in an emergency**



their phone number **their number goes here**



how I communicate

add info here about how you communicate...

going to health appointments – what health staff need to know





my healthy lifestyle

lifestyle aspect	areas for improvement over next 12 months
diet (healthy eating etc)	
exercise	
other issues (smoking, drinking, drug use etc)	



my health screening

screening	when	next appointment	notes
breast screening			
smear test (cervical)			
bowel			
other screening (please specify)			



my immunisations

jabs I've had	when I had them	any comments?



my eyesight

**where I go
address**

phone number

who I see

**date of
my last check-up**

**date of
my next check-up**

notes and other info



my hearing

**where I go
address**

phone number

who I see

**date of
my last check-up**

**date of
my next check-up**

notes and other info



my teeth and my dentist

where I go address	
phone number	
who I see	
date of my last check-up	
date of my next check-up	
notes and other info	



looking after my feet

**where I go
address**

phone number

who I see

**date of
my last check-up**

**date of
my next check-up**

notes and other info



going to the loo (continence)

problems (constipation, infections etc)	actions taken
•	•
•	•
•	•
•	•
•	•

do you use continence pads
or any other equipment?

yes / no

if **yes**, who did the last assessment?

[name of person or service]

next re-assessment due: **dd/mm/yyyy**



my equipment

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my health history

(operations, serious illnesses, hospital admissions etc)

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my appointments

this should be filled in every time
I see someone

who I saw	why I saw them	what happened	actions

who I saw	why I saw them	what happened	actions





