CLINICA family health

WORKING WITH YOUR PCP

Living with a chronic condition can be hard. It can be easy to feel overwhelmed by the details of managing the condition, and sometimes you may feel like you're alone. Your primary care clinician (PCC) and health care team are just some of the people here to help. Here are some suggestions to help you work well with your team to manage your chronic illness…

Ask Questions

The more that you understand about your illness and its treatment, the more control you will have over it.

- If something doesn't make sense to you, speak up! We want you to *understand* why mindfulness can help you deal with chronic pain, or why it's important to check your feet regularly if you have diabetes. Do you have a question now? Write it here:

_____

_____

Don't Rely on the Internet for Answers

The Internet can seem like an easy way to answer your questions. While it can be helpful for you to do your own research, choose your information sources with care/wisely.

- If you feel scared or frustrated by what you read, don't change the care plan that you made with your team. Instead, talk with them about your concerns and create a new plan together.

Own Responsibility for Your Care

While the demands and expectations of others may make it hard to remember, this is *your* life! Be an active member of your care team. The most meaningful improvements in your health will come when you take the lead in your own care. With the help of your team, you can learn helpful skills like…

- Checking your own heart rate and blood pressure
- Keeping track of your meals or exercise
- Becoming aware of (and avoiding more often) triggers for unhealthful behavior
- Monitoring your stress level and practicing ways to reduce it.

Share Your Successes and Struggles with Your Health Care Team

They want to support your efforts to improve your health. Have you made a change recently that improved your health or relationships? Is there a behavior you have been trying to change and have not yet been successful? Please share it here:

_____

_____

Grow and Tend to Your Social Network

Your social network is all the people you care about who care about you. Your network may include family, friends, coworkers, and helping professionals, among others. These relationships are *essential* for good health. Are there two relationships that you value, two important members of your social network? Is someone you think it would be helpful to grow a relationship with? List them here:

_____

_____