

MACC
TASK FORCE

TOP | 10 | TIPS

TO READ AND SHARE WITH YOUR LOVED ONES
TO KEEP YOU AS HEALTHY AS POSSIBLE ALL YEAR LONG

- 01** Share information with your loved ones regarding any conditions you have been diagnosed with and any new symptoms or issues you might be having.



- 02** Make sure your loved ones have the names and contact information of the doctors and other providers you are seeing so that they know who else is providing you with care and can get in touch with them if need be.



- 03** Share information with your loved ones regarding any medications you might be taking – including the name of the medication, dose and when and how often you take the drug. Indicate any allergies that you might have on the list and bring it with you to every appointment.



- 04** Let your loved ones know when you have an appointment with your provider so that they can help you remember the appointment and ensure that you have transportation to/from the appointment. If possible, they should also attend the appointment with you and help you take notes so that you have a record of your visit that you can share with other providers.



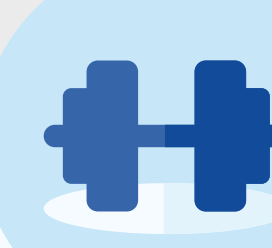
- 05** Share your insurance information with your loved ones so that they can help you enroll in any support programs you might be eligible for and also help you with any referrals, prior authorizations, etc. you might need. When open enrollment season arrives, they can also help you find the Medicare Advantage plan that is best for you.



- 06** Create and maintain a personal health record – preferably electronic, but paper will also do – your loved ones can access to get up to date information.



- 07** Be sure to ask for help with other activities, like shopping, laundry, and preparing meals. Your loved ones want to help you and it is important for you to take care of all aspects of your health.



- 08** Make sure that your providers know that your loved ones are helping to coordinate your care and that they know how to get in touch with them.



- 09** Ask your loved ones to look into community services that might be available to assist you in staying healthy. Many communities offer transportation services and home checks, which help if your loved ones do not live close by.



- 10** Schedule regular check-ins with your loved ones so you can easily provide them with updates on your health. It is easy to let too much time go by.



HAPPY GRANDPARENTS' DAY

FROM CMC MACC TASK FORCE!