



My Life My Health Care

Introducing Patients to the My Life My Health Care Discussion Aid

This sheet is to help health care professionals introduce the My Life My Health Care Discussion Aid to patients and ask them to fill it out. It identifies four key statements for introducing the discussion aid and provides a sample of how these points may be used with a patient.

Key Statements for Introducing the Discussion Aid

- This is the My Life, My Health Care discussion aid
- It helps you and your health care professional talk about how your health care fits with your life...
- It has two parts for you to fill out...
 - one for for you to check...
 - and one for you to write in and check...
- Do you have any questions for me?

Sample Introduction

This is the My Life, My Health Care Discussion Aid.

It's not a survey, it's to help you and Dr. Reynolds talk about how your health care fits with your life so that what we do here best helps you.

It has two parts for you to fill out. The first page asks 'Are these areas of your life a satisfaction, burden, or both?' There are no right or wrong answers and things can easily be both. On the second page, we'd like you to write in the things that your doctor or clinic have asked you to do to care for your health. This might include things like taking medications, coming to appointments, or restricting things that you eat. Then, tell us whether each of these is a help, a burden, or both.

I will leave you to fill this out before the doctor comes in, but before I go, do you have any questions about this for me?