

Tips for Individuals: Getting Started with My Health Checklist

[My Health Checklist](#) is designed to help you or someone you care for get ready for medical appointments or health care conversations. It's meant especially for older adults.

The checklist is free and available in English, Chinese, Portuguese, and Spanish. It focuses on four areas that can help you think about your health:

- What **Matters** to you in your life
- **Medication** you may take
- Your **Mind** and sense of well-being
- Your **Mobility**

For each of the 4Ms, the checklist asks you about your situation now, what's going well, and what could be better. Then you can write down any questions you have, or things you want to share.

You can have a say in your care. You are part of the team.



One woman brought the checklist with her to a medical appointment. She said the checklist was “very specific with questions I would not have considered previously” and felt she was “better prepared with my thoughts written.”

Start Personally

Fill out My Health Checklist with your answers. You can talk about your answers with someone you trust.

Being prepared for your appointment can help you get the care that's right for you. If you need to receive treatment or be in the hospital, you can use the checklist to help speak up for your needs.

"I am so glad my daughter shared the checklist with me. When I was recently admitted through the ED [emergency department], my nurse said that I was the most prepared patient she ever had. My Health Checklist helped me articulate my meds, needs, and preferences." —Ireland Hawkins, 83

Share with Your Community

Start small. Talk to one person about the checklist. Ask them to share with others. You can start where you live, work, pray, or learn. For example:

- Someone in your book group, sports team, or rotary club
- A coworker, fellow volunteer, or client
- Member of a faith-based group
- Person at a local library, school, or continuing education class



Scan to download or go to
ihi.org/MyHealthChecklist

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