

Tips for Providers: Getting Started with My Health Checklist

[My Health Checklist](#) is designed to help older adults get the most out of their medical appointment or health care conversation. It supports age-friendly care — care that:

- Follows an essential set of evidence-based practices, known as the 4Ms: What Matters, Medication, Mind (or Mentation), and Mobility;
- Causes no harm; and
- Aligns with What Matters to the older adult



To have more efficient, effective, and productive appointments, share the checklist with older adults in advance. The checklist is free and available in English, Chinese, Portuguese, and Spanish.

Start Personally

Use My Health Checklist with someone you know, or fill it out yourself. For example, you might invite a family member, friend, or neighbor to sit down together and complete the checklist.

A nurse at Sutter Health shared the checklist with her father. First, he said his main priority is a good doctor. She asked more questions: What does a good doctor look like? What do they help support you with? The conversation helped her better understand her father's wishes. It also helped her reflect around how to share the checklist with patients.

Try It Out Professionally

If you work with older adults, try it out with one person (and their caregiver, if relevant). Then, you might:

- Offer the checklist to complete before an Annual Wellness Visit
- Provide copies through a health fair, library, or senior center

The team at Hudson Hospital and Clinics put a sticker on the checklist with an email address for a nurse care manager. That way, people could reach out with questions and feedback.

Share with Colleagues

Start small. For example, share the checklist over coffee with one colleague. Then, you might show the checklist to your team, or bring to an existing unit meeting or staff training.

Joanna D’Elia, MSN, RN, Geriatric Program Coordinator, teaches two nurses who are geriatric rounders in the Sarasota acute care for elderly (ACE) program. She says, “They love the focus on the 4Ms and going back to what matters most.”



Scan to download or go to
ihi.org/MyHealthChecklist

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Age-Friendly Health Systems is an initiative of The John A. Hartford Foundation (JAHF) and the Institute for Healthcare Improvement (IHI), in partnership with the American Hospital Association (AHA) and the Catholic Health Association of the United States (CHA). Learn more at ihi.org/agefriendly or AFHS@ihi.org.