

## MY NUMBERS TO KNOW

Date																				
Weight																				
Blood Pressure																				
LDL Cholesterol																				
Hemoglobin A1C*																				
Tobacco Use (yes or no)																				
Preventative Services my doctor says I need this year:**																				
1.																				
2.																				
3.																				
4.																				
5.																				
6.																				

\* If you have diabetes

\*\* Your doctor may want you to have additional Preventative Services



### My Personal Health Plan Passport

My Goal  
My Health  
My Choice

*Por asistencia en Espanol, por favor llame a 1-888-279-9445.*

[www.dukeprospectivehealth.org](http://www.dukeprospectivehealth.org)  
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## GETTING STARTED

To get started with Duke Prospective Health today, visit [www.dukeprospectivehealth.org](http://www.dukeprospectivehealth.org) or call 1-888-279-9445.

## USING YOUR DUKE PROSPECTIVE HEALTH PASSPORT

You can use this “passport to health” as a place to document and track progress in meeting the goals in your Personal Health Plan. You may also choose to share your passport with your personal physician as a way to communicate your personal health goals and gain your physician’s assistance in meeting those goals.

## PERSONAL HEALTH PLAN

Create your Personal Health Plan today! A Personal Health Plan includes a set of personal health goals that you create and work to achieve over the next 12 months.

## CREATING YOUR PERSONAL HEALTH PLAN

In creating your Personal Health Plan, remember:

- Choose a goal or goals that you feel ready to work on.
- Talk to your physician if you want some help in setting goals; however, only you know the goals that are right for you.
- A great way to get started is to choose one goal to find what works best for you.

**Step 1:** Choose up to three of the health goals listed below by checking the box next to the appropriate goal.

### MY PERSONAL HEALTH PLAN GOALS

- Have my own personal physician
- Control my blood pressure
- Improve my cholesterol
- Get my blood sugar to my target level
- Get the right amount of exercise
- Eat a healthy diet
- Reach a healthy weight
- Stop my tobacco use
- Reduce stresses in my life
- Reach a better balance in my life
- Understand and take my medicines correctly
- Learn more about my health
- Stay in good health
- Feel better and have more energy
- Find out what preventative services I need and discuss when I need them with my doctor
- Address my alcohol (or substance) use

**Step 2:** Make your goals into **S.M.A.R.T.** goals.

**SPECIFIC**—Your goals should be clear and precise.

**MEASURABLE**—You must be able to measure your progress toward meeting your goals.

**ACTION-ORIENTED**—Your goals should include action-oriented behavior that is totally in your control.

**REALISTIC**—Your goals should challenge you but still be within your reach.

**TIMED**—You should set a time frame within which to evaluate your progress toward meeting your goals and a time by which your goals will be accomplished.

Here are some examples of how you can make your goals **S.M.A.R.T.**:

#### My Personal Health Goals

Get the right amount of exercise

Stop my tobacco use

Eat a healthy diet

#### My S.M.A.R.T. Goals

Exercise 5 times each week for 30 minutes each time

Stop my tobacco use within the next 3 months

Increase the fruits and vegetables in my diet to 7 servings a day

Remember, these are just examples of **S.M.A.R.T.** goals. You should consider your individual needs in creating your own **S.M.A.R.T.** goals in your Personal Health Plan.

**Step 3:** Write your Personal Health Plan goals here:

**Goal 1:** \_\_\_\_\_

**Goal 2:** \_\_\_\_\_

**Goal 3:** \_\_\_\_\_

## CONGRATULATIONS!

You have created your Personal Health Plan. Please visit [www.dukeprospectivehealth.org](http://www.dukeprospectivehealth.org) to track your progress in meeting your **S.M.A.R.T.** goals and to view the online educational material. Also, remember to talk to your personal physician about your progress in meeting your goals!