



Write your health care team's contact details here:

My health plan

Do you have long term health problems?

Working in partnership

Guy's and St Thomas' 
NHS Foundation Trust

King's College Hospital 
NHS Foundation Trust

This guide has been produced with the help of local people and GP practices.

Use this guide to help you get the most out of your appointment by:

- being prepared
- writing your questions/concerns down in advance
- thinking about what health goal is achievable for you.

You may want to think about:

- What am I doing now to take care of my health?
- What's going well?
- What's not going so well?
- What are my test results and what do they mean?
- What is my risk of problems arising from my condition and how can I reduce the risk?

What would you like to discuss with your health professional today?

What is the most important thing to get out of your appointment today? _____

Goals

- What do I want to change/achieve?
- What steps do I need to take to achieve my goals?
- What are my self management goals for: a) the next few weeks? b) the next few months?
- What/who can help me with my goals? **During your appointment discuss your goals with your health care professional and use this form to record your main goal.**

What is my goal? _____

What steps will I need to take to achieve my goal? _____

When will I achieve it by? _____

Keep this leaflet so you can look back on your goals and make any changes that may be needed over time.

