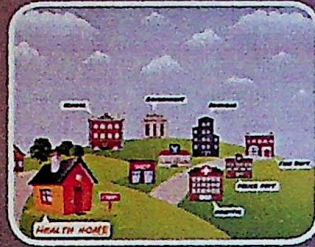


# Mint Condition



A Tool to Help You Take Control of Your Health Conditions

Washington Health Foundation  
HEALTHIEST STATE IN  
THE NATION CAMPAIGN  
[www.HealthiestState.org](http://www.HealthiestState.org)

**HEALTH 3.0**

# Mint Condition

Name: \_\_\_\_\_

Start Date: \_\_\_\_\_

Completion Date: \_\_\_\_\_

Life is difficult enough. Managing your health conditions or an illness just adds complexity. Use the tool below to help you take control of your health. If you have more than one condition, print and complete this tool for each. Once complete, save this tool where you save all your health information (Health Vault, Google Health, your personal computer, or a file drawer in your home office).



I have: \_\_\_\_\_  
(name your health condition)

I am partnering with \_\_\_\_\_ to identify and manage an appropriate  
(insert the name of your health partner here)

treatment plan. I can reach my Health Partner at: \_\_\_\_\_  
(insert contact info here)



Other **Health Partners** I will depend on for help include:

Name: \_\_\_\_\_ Contact: \_\_\_\_\_

Name: \_\_\_\_\_ Contact: \_\_\_\_\_

My Management Plan Includes (medications, exercise, diet, therapy, tools etc.):



I am responsible for the following elements of my treatment plan:

My **Health Partner** is responsible for the following elements of my treatment plan:



To better manage and improve my condition I need to:

Do I spend time with friends and family? Do I have a hobby?



What provides balance in my life?

What do I need to change?



How do I plan to do it?



How I plan to stick with it

