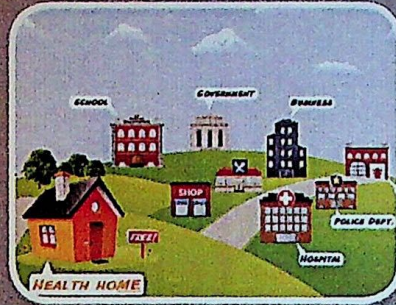


My Health Partners



A Tool to Help You Examine & Build Health Partnerships

My Health Partners

Name:

Today's Date:

A spouse. A parent. A best friend. A doctor. Your health partners are vital to maintaining and improving your health. Health partners may include a variety of individuals playing very different roles in your life. Finding and maintaining these strong relationships is essential to your health! Use the questions below to help you identify your health partners, evaluate their trust signal and where they fall in your network.

Whom do I talk with about my health? From whom do I request health advice?

(e.g. Spouse, partner, best friend, mom, dad, friends, other family, personal trainer, doctor, dentist, counselor, hairdresser etc.)

Whom do I confide in regarding my health issues? Whom do I trust most with my health? Whom do I turn to first with a health issue?

Add these names to my list of level 1 health partners on page 2.

Whom do I turn to for health advice; but they are not the first I turn to?

Add these names to my list of level 2 health partners on page 2.

Whom do you confide in regarding some health issues (but not all)?

Add these names to my list of level 3 health partners on page 2.

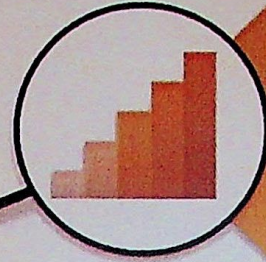
These people are my health partners. Use them to populate the tool below.

1

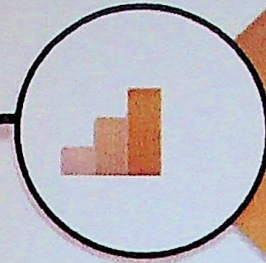
Who is in your Health Partner network?



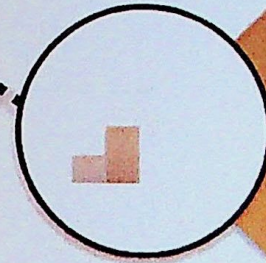
How is the Trust Signal?



1) Strong



2) Good



3) Okay

If a primary care physician or other important health provider is in your second level, third level or no level at all, how might you improve this relationship?

2

Now that you have populated your health partner network, complete it by adding contact information beside each person's name.