

Condition management checklist

You've been diagnosed—now what?

You just left the doctor's office with news you may have been anticipating but have tried to ignore. While the doctor was able to provide a bit of education about your diagnosis, you still have lingering questions. Now what?

Let's take a look at the first steps you can take to learn more about your condition. Use this checklist to empower yourself to face your condition head on.

1. Understand the condition

Learn more. Review the basics of your condition by exploring the many reliable resources just a few clicks away.

- Centers for Disease Control and Prevention (<https://www.cdc.gov/chronicdisease/about/programs.htm>)

2. Manage your condition with support from others

You are not alone. Attend a support group and learn how others are managing their condition.

- Chronic disease self management workshops (www.empowerline.com/services/manage-your-condition)

3. Keep good records and share with your doctor

Take notes. Keep a running list of doctors visits, prescriptions, and historical medical records.

- My personal health record (www.myphr.com/PHR_Forms/adultform.pdf)

Get assistance navigating life changes and surprise obstacles.

Learn more at www.empowerline.org/services/manage-your-condition

4. Check your insurance coverage

Decode your benefits. Navigate the healthcare system and learn about eligibility to receive reduced rates.

- Healthcare system navigation (www.empowerline.com/resources/insurance-medicare-medicaid)

5. Seek help

Lean on a friend. Loved ones can provide much needed emotional support and help to navigate what can feel like an endless amount of paperwork.