CARE PLAN CARDS

KNOW YOUR SELF-CARE PLAN

Your care plan is an agreement between you and your caregivers. It's important to establish, write down, and discuss your goals for your health.

A care plan is a living document to be reviewed and modified periodically. It's a blueprint for your health.

There are many different parts of your life that affect your general health, and it is important to have a self-care plan to manage them. We need to create a plan that is right for YOU.

Exercise | Eat Healthy | Reduce Stress | Sleep

Notes:

☐ Careplan Cards Given ☐ Contract Signed

KNOW YOUR SELF-CARE PLAN

Exercise, nutrition, sleep, stress management, and any other relevant lifestyle factors are important to include in your self-care plan. This is a blueprint of your health to be reviewed and modified periodically.

To better my health I WILL...

- ☐ Exercise
- ☐ Sleep
- ☐ Eat Healthy
- ☐ Reduce Stress
- ☐ Other: _____

To keep my careplan accurate and helpful I will check in with my doctor in...

I agree to work towards bettering my health by carrying out the above careplan.

_____ (your signature) _____ (your doctor's signature)

KNOW YOUR DIABETES PLAN

Diabetes is a problem with your body that causes blood glucose (sugar) levels to rise higher than normal.

If you have type 2 diabetes, your body does not use insulin properly to keep your blood glucose at normal levels (insulin resistance).

There are many different ways to help manage blood sugar but we need to cater your Diabetes Plan to what is right for YOU.

Exercise | Eat Healthy | Reduce Salt Intake | Take Meds Regularly | Check Blood Sugar | Reduce/Quit Smoking | Reduce Stress | Drink Less Alcohol | Check Feet | Manage Weight

Notes:

☐ Careplan Cards Given ☐ Contract Signed

KNOW YOUR DIABETES PLAN

Diabetes is a problem that causes your blood glucose (sugar) levels to rise higher than normal. Having Type 2 Diabetes means your body doesn't use insulin properly to keep your blood glucose at normal levels.

To manage my Diabetes I WILL...

- ☐ Exercise
- ☐ Reduce/Quit Smoking
- ☐ Eat Healthy
- ☐ Reduce Stress
- ☐ Reduce Salt Intake
- ☐ Drink Less Alcohol
- ☐ Take Meds Regularly
- ☐ Check Feet
- ☐ Check Blood Sugar
- ☐ Manage Weight

To keep my careplan accurate and helpful I will check in with my doctor in...

I agree to work towards managing my diabetes and bettering my health by carrying out the above careplan.

_____ (your signature) _____ (your doctor's signature)

MANAGE YOUR BLOOD PRESSURE

Having high blood pressure means the force of blood against your artery walls is higher than normal, and can cause health complications. Your blood pressure increases as your arteries become narrower and your heart pumps more blood.

High blood pressure can damage your blood vessels and increase your risk for problems like heart attack and stroke, even though you may not experience any symptoms.

There are lots of ways to control your high blood pressure, but we need to create a Blood Pressure Management Plan that's right for YOU.

Exercise | Eat Healthy | Reduce Salt Intake | Take Meds Regularly | Check Blood Pressure | Reduce/Quit Smoking | Reduce Stress | Drink Less Alcohol | Manage Weight

Notes:

☐ Careplan Cards Given ☐ Contract Signed

MANAGE YOUR BLOOD PRESSURE

Diabetes is a problem that causes your blood glucose (sugar) levels to rise higher than normal. Having Type 2 Diabetes means your body doesn't use insulin properly to keep your blood glucose at normal levels.

To manage my blood pressure I WILL...

- ☐ Exercise
- ☐ Reduce/Quit Smoking
- ☐ Eat Healthy
- ☐ Reduce Stress
- ☐ Reduce Salt Intake
- ☐ Drink Less Alcohol
- ☐ Take Meds Regularly
- ☐ Manage Weight
- ☐ Check Blood Pressure _____

To keep my careplan accurate and helpful I will check in with my doctor in...

I agree to work towards managing my blood pressure and bettering my health by carrying out the above careplan.

_____ (your signature) _____ (your doctor's signature)

CONTROL YOUR CHOLESTEROL

Cholesterol is a substance in the fats of your blood that helps build healthy cells.

Having high cholesterol means too much of the substances builds up in your blood vessels, making it hard for blood to flow.

When enough blood isn't carrying oxygen to your heart and brain, you have a higher risk for heart disease and stroke.

There are lots of ways to control your cholesterol, but we need to create a Cholesterol Management Plan that's right for YOU.

Exercise | Eat Healthy | Reduce Salt Intake | Take Meds Regularly | Check Blood Pressure | Reduce/Quit Smoking | Reduce Stress | Drink Less Alcohol | Manage Weight

Notes:

☐ Careplan Cards Given ☐ Contract Signed

CONTROL YOUR CHOLESTEROL

Cholesterol is a substance in the fats of your blood that helps build healthy cells. Having high cholesterol means too much of the substances builds up in your blood vessels, making it hard for blood to flow. When enough blood isn't carrying oxygen to your heart and brain, you're at higher risk for heart disease and stroke.

To manage my cholesterol I WILL...

- ☐ Exercise
- ☐ Reduce/Quit Smoking
- ☐ Eat Healthy
- ☐ Reduce Stress
- ☐ Reduce Salt Intake
- ☐ Drink Less Alcohol
- ☐ Take Meds Regularly
- ☐ Manage Weight
- ☐ Check Blood Pressure _____

To keep my careplan accurate and helpful I will check in with my doctor in...

I agree to work towards managing my cholesterol and bettering my health by carrying out the above careplan.

_____ (your signature) _____ (your doctor's signature)

CORE COMPONENT CARDS

EXERCISE IS MEDICINE

Regular physical activity is especially important for those with conditions like diabetes, high blood pressure, or high cholesterol.

The goal is to get active and STAY active doing the things you enjoy doing.

Exercising regularly can lower your blood glucose, blood pressure, and cholesterol levels, and even reduce stress.

There are three broad categories of physical activity level:

- **Sedentary**: Nothing other than usual activities such as going to work, walking, or shopping or doing chores around the house
- **Moderately Active**: Some moderate exercise every day in addition to doing usual activities (walk briskly for about 1.5-3 miles a day at about 3-4 mph)
- **Very Active**: Very active every day in addition to doing usual activities (walk briskly for about 3 miles a day at about 3-4 mph)

Notes:

RISK FOR THE CIRRO

EXERCISE IS MEDICINE

I WILL...

Try any of these 30-minute exercises 3-5 times a week...

Run/Walk | Swim | Bike | Strength Training | Flexibility & Balance | Activity throughout the day

Regular physical activity is especially important for those with conditions like diabetes, high blood pressure, or high cholesterol. Exercise can help lower blood glucose, among other benefits. The goal is to get active and STAY active by doing the things you enjoy!

EAT FOOD. NOT TOO MUCH. MOSTLY PLANTS

Meals at home and a brown-bag lunch at work are more nutritious than eating out.

Families who eat the evening meal together eat healthier.

The outer aisles of the supermarket are where the healthiest foods are. Fill up the cart with:

- Greens
- Fruits
- Poultry and Fish
- Nuts
- Whole Grains
- Dairy

Notes:

RISK FOR THE CIRRO

EAT FOOD. NOT TOO MUCH. MOSTLY PLANTS.

I WILL...

Remember this when grabbing your next plate of food:

- 100% whole grains (look for "whole grain" on the ingredient list)
- 50% vegetables
- 25% protein
- 25% whole grains

VEGETABLES: Broccoli, Cauliflower, greens, asparagus, cauliflower, brussels sprouts, cabbage

FRUITS: Citrus, Berries, Melon, Stone fruit, Apples, Pears, Pineapple, Kiwi, Mangoes, Papaya, Grapes

WHOLE GRAINS: Whole wheat, Brown rice, Oats, Barley, Quinoa, Wild rice, Millet, Quinoa

The outer aisles of the supermarket are where the healthiest foods are. Use them to make nutritious brownbag lunches for work or family meals at home. Try to fill all the main food groups with each meal.

GET MORE SLEEP

Healthy adults need 7-8 hours of sleep a day for optimal performance. Children and teens need more.

Prolonged inadequate sleep can cause high blood pressure, heart attack, obesity, stroke, depression, mental impairment, and generally poor quality of life.

Maintaining a consistent sleep schedule helps keep your cycles regular and promotes better quality sleep.

How much sleep are you getting?

Usual Bedtime — Usual Hours of Sleep — Usual Wake-up Time

Notes:

RISK FOR THE CIRRO

GET MORE SLEEP

I WILL...

Sleep Hygiene Tips: Remember...

- Treat sleep as a priority: recommit to getting 8 hours
- Stick to a consistent sleep schedule
- Make bedroom use of the bedroom, beds are for sex and sleep
- Avoid high-fat foods close to bedtime
- Cool, quiet and dark environments are better for quality sleep
- Don't take hours you can forgo and pay down a sleep deficit

Healthy adults need 7-8 hours of sleep a day for optimal performance. Prolonged inadequate sleep can cause high blood pressure, heart attack, obesity, stroke, depression, mental impairment, and generally poor quality of life.

SLOW DOWN

Stress is a mental and bodily response to a perceived threat. Your body amps up certain functions and slows others.

Prolonged exposure to stress can be unhealthy. It can cause or make it difficult to manage conditions like diabetes, high blood pressure, high cholesterol, and psychiatric illnesses.

Chronic stress can negatively impact on your immune, digestive, renal (kidneys), and reproductive systems.

Are you having any of these symptoms of stress?

- Anxious Thoughts
- Changes in Appetite
- Sleeping Too Much/Little
- Irritability
- Muscle Tension or Headaches
- Dizziness, Faintness, or Sweating
- Feeling Low or Depressed
- Change in relationships
- Lack of interest in Sex
- Avoidance of Tasks

Notes:

RISK FOR THE CIRRO

SLOW DOWN

I WILL...

Try these tips for reducing stress:

- Be realistic: it can't stop stress and does not work for you
- Avoid unhealthy harmful stressors
- Do an enjoyable activity you enjoy: maybe gym, a club
- Find a healthy outlet: talk to a friend, a craft
- Focus on varying moderate stressors for you
- Explore relaxation techniques like meditation, yoga, or breathing exercises

Stress is a mental and bodily response to a perceived threat. Your body amps up certain functions and slows others. Prolonged exposure to stress can be unhealthy, so it is important to learn how to avoid stressors, or manage your stress effectively.

ADDITIONAL COMPONENT CARDS

TAKE YOUR MEDS ON TIME

Patients who stick to their medications have better outcomes. If you quit early your health suffers. All prescriptions have a medical purpose to maintain or restore your health, reduce pain, or help you heal.

A problem taking or paying for medication is not a sufficient reason to outright quit taking them. Talk to your doctor, nurse, or clinic staff for help.

Part of your job is to follow the plan of care, so let's create a plan that helps you take your meds on time.

What medication do you take?

How often do you take it as recommended?

	○ always	○ very often	○ sometimes	○ rarely	○ never
	○ always	○ very often	○ sometimes	○ rarely	○ never
	○ always	○ very often	○ sometimes	○ rarely	○ never
	○ always	○ very often	○ sometimes	○ rarely	○ never
	○ always	○ very often	○ sometimes	○ rarely	○ never

Notes:

RISK FOR THE CIRRO

TAKE YOUR MEDS ON TIME

☀ ☀ ☾

To these easy tips for staying regular with your medication...

- Make your meds part of your daily routine
- Use your support network, friends and family, can help keep you on track
- Keep your meds with you, especially when you travel
- Use reminders to take the medication, alarms, beeps, etc.

Patients who stick to their medications have better outcomes. If you quit early your health suffers. All prescriptions have a medical purpose to maintain or restore your health, reduce pain, or help you heal.

SKIP THE SALT

Eating too much sodium or salt can cause it to build up in your blood, holding more water and increasing your blood volume and pressure.

Chronic high blood pressure can lead to heart disease, stroke, kidney disease, and congestive heart failure.

It is important to control your salt intake (below 1,500 mg, AVOID these high-sodium foods:

- Smoked/ Cured Meat
- Frozen Breaded Meats
- Canned Entrees
- Salted Nuts
- Canned Beans and Vegetables
- Instant Soups
- Salad Dressings and Sauces
- Fast Food

Notes:

RISK FOR THE CIRRO

SKIP THE SALT

I WILL...

Try these low-salt tips...

- Buy fresh ingredients – no salt added
- Cook food with sodium or no salt added foods
- Around to cook Carbon 4 ways for salt substitut
- Avoid canned beans, stock, with herbs, flavoring
- Avoid frozen or processed meals
- Read food labels, stay under 1,500mg of sodium a day

Eating too much sodium can cause it to build up in your blood, holding more water and increasing your blood volume and pressure. Chronic high blood pressure can lead to heart disease, stroke, kidney disease, and congestive heart failure. Reducing this hard-to-digest salt intake is a great to do it!

CHECK YOUR BLOOD PRESSURE

Take part in your health and form a partnership with your care team by monitoring your blood pressure at home.

Keeping a log of your blood pressure readings gives your doctor an accurate view of how your treatment is working and reduces the risk for false readings during visits.

Systolic, the top number, measures the pressure in your arteries when your heart beats. Diastolic, the bottom number, measures the pressure in your arteries when your heart is resting in between beats.

It is important to understand what your blood pressure readings mean:

My blood pressure on _____ **was** _____/_____

	Normal	Pre-Hypertension	Hypertension Stage 1	Hypertension Stage 2	Hypertensive Crisis
Systolic	less than 120	120-139	140-159	160 or higher	Higher than 180
Diastolic	less than 80	80-89	90-99	100 or higher	Higher than 110

Notes:

RISK FOR THE CIRRO

CHECK YOUR BLOOD PRESSURE

I WILL...

Try blood pressure on _____ was _____/_____

Remember this when you are checking your blood pressure...

- Sit out cigarettes, coffee, or exercise 30 minutes before
- Sit without your feet on a surface and feet on the floor
- Keep your back against a chair, knees with a minute in between
- Measure at the same time each day
- Record reading, date and time, and share your data with your doctor
- Go to a hospital if Systolic (top) is 180+ OR Diastolic (bottom) is 110+

Form a partnership with your care team by monitoring your blood pressure at home. Keeping a log of your blood pressure readings gives your doctor an accurate view of how your treatment is working and reduces the risk for false readings during visits.

QUIT SMOKING

Smoking increases your risk for heart disease, stroke, many types of cancer, arthritis, diabetes, decreased fertility, and decreases your general health.

The use of smoking cessation products and therapies could double or triple the chance of making changes to the patch or a support group.

Say no to smoking for good. The health rewards begin immediately after quitting:

- 20 min: Your heart rate and blood pressure drop back to normal
- 24 hr: The carbon monoxide level in your blood returns to normal and your risk of heart attack lowers
- 1 mo: You'll exercise easier, your clothes and home will smell better, and your sense of taste will return
- 9 mo: Coughing subsides and your risk of coronary heart disease plummets
- 5-15 years: You'll be at a much lower risk for stroke and many types of cancer

Notes:

RISK FOR THE CIRRO

QUIT SMOKING

I WILL...

Try these tips to help you quit...

- Find your reason: quitting is easier if you do it for a
- Try gradually: cutting down or quitting all-at-once
- Do it together: find a friend or a support group
- Manage your stress: try healthy habits
- Make your environment smoke-free
- Find a cessation program that works for you

Smoking increases your risk for heart disease, stroke, many types of cancer, arthritis, diabetes, and decreases your general health. Say no to smoking for good. The health rewards begin immediately.

CHECK YOUR BLOOD SUGAR

Having diabetes or pre-diabetes means your body no longer regulates blood glucose levels to stay in your normal range.

It is important to monitor how your blood glucose, or sugar levels are affected by food, medicine, and activity. You need to know when it is getting too high or too low.

Keep a log of your blood sugar numbers, time taken, and any other relevant information to share with your care team.

"You should check your blood sugar regularly..."

Gift: If you are experiencing any of these symptoms of low blood sugar...

- Hungry
- Shaky or Nervous
- Sweaty or Light-headed
- Sleepy
- Anxious or Confused

Notes:

RISK FOR THE CIRRO

CHECK YOUR BLOOD SUGAR

I WILL...

If your your blood sugar is higher than your goal, talk to your doctor about a change in your treatment plan.

If you have a low blood sugar reading (70mg/dl or below), follow these steps:

1. Eat about 15g of Carbohydrates, such as 3-4 glucose tablets, 1/2 cup fruit juice or soft drink, 8oz of milk, 5-7 pieces of hard candy, 1 tbsp of sugar or honey
2. Check your blood sugar again in 15 minutes - eat another of the above safe choices if still low
3. Repeat step two until your blood sugar is above 70mg/dl
4. Record this occurrence and your blood sugar readings in your log

It is important to monitor how your blood glucose, or sugar levels are affected by food, medicine, and activity. Keep a log of your blood sugar numbers, time taken, and any other relevant information to share with your care team.

DRINK LESS

Moderate alcohol consumption (such as red wine) may decrease risk for heart disease, ischemic stroke, and diabetes.

Excessive alcohol can cause problems like stroke, high blood pressure, and problems with the liver and pancreas.

Alcohol Use Disorder (AUD), results when drinking alcohol causes distress or harm either through abuse or dependence.

- **Moderation**: up to 1 drink/day for women, up to 2 drinks/day for men
- **Binge Drinking**: A pattern of reaching a BAC level of 0.08g/dl. This is about 4 drinks for women and 5 drinks for men in about 2 hours (depending on weight)
- **Heavy Drinking**: 5 or more drinks on the same occasion every day for 5 or more days

Notes:

RISK FOR THE CIRRO

DRINK LESS

I WILL...

Try these tips to curb your alcohol consumption...

- Replace 1 alcoholic drink with a non-alcoholic drink, such as warm juice or tea
- Avoid drinks with ambiguous amounts of alcohol, such as cocktails
- Further space out your alcohol
- Pay attention to alcohol contents: choose the lighter option
- Avoid triggers that encourage you to drink
- If you think you are drinking too much, find support

Moderate alcohol consumption (such as red wine) may decrease risk for heart disease, ischemic stroke, and diabetes. Excessive alcohol can cause problems like stroke, high blood pressure, and problems with the liver and pancreas.

MANAGE YOUR WEIGHT

Being overweight increases your risk for developing or worsening conditions like high blood pressure, diabetes, high cholesterol, and others. Shedding just a little weight is a big step toward getting healthier.

Body Mass Index, or BMI, is a tool that takes into account your height and sex to assess if you are underweight, at a healthy weight, or overweight.

To get you on the right path to a healthier weight, we first need to figure out where you are right now, what your ideal weight is, and how best to get there.

Current	Weight Management Plan	Ideal
Weight:	Eat more:	Weight:
BMI:	Eat less:	BMI:
Cal/Day:	Don't eat any:	Cal/Day:
	Track my progress by:	

Notes:

RISK FOR THE CIRRO

MANAGE YOUR WEIGHT

I WILL...

Try these tips for getting to a healthier weight...

- Take control of what goes in your food: cook at home, do it often
- Walk, run, swim, bike, skip, just get moving!
- Decrease screen time – that means computers, TVs, and video games
- Shoot for smaller portion sizes
- Avoid empty calories, eat foods you NEED!
- Make better choices when eating out

Being overweight increases your risk for developing or worsening conditions like high blood pressure, diabetes, high cholesterol, and others. Shedding just a little weight is a big step toward getting healthier.

CAREPLAN CARDS

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