



My Health Plans

Develop
Healthy
Habits

Private
Residence

Gather
The
Right
Team

Retirement
Community

Healthy Lifestyle: Eat Right

My current eating habits are: (Select one)

- ☐ Excellent
 - ☐ Fair
 - ☐ Poor

I would like to meet with a nutritionist:

- ☐ Yes
- ☐ No
- ☐ Undecided

Notes regarding my Healthy Eating Plan:

[illegible]

Healthy Lifestyle: Exercise

My current physical activity level is: (Select one)

- ☐ Physically Fit
- ☐ Active
- ☐ Sedentary

My plan to improve my exercise includes: (Select all that apply)

- ☐ Joining a gym or other active group
- ☐ Checking if my insurance will cover gym memberships
- ☐ Monitoring my steps (via phone app or wearable device)
- ☐ Other

Notes regarding my exercise plan: (See goal suggestions)

Healthy Lifestyle: Socialize

My current meaningful social interactions are: (Select one)

- ☐ Frequent (daily meaningful interactions)
- ☐ Moderate (family and some social gatherings; somewhat superficial)
- ☐ Minimal (only essential interactions with others or with limited individuals)

My plan to increase meaningful social interactions includes: (Select all that apply)

- ☐ Volunteering in charitable/religious service
- ☐ Joining/engaging with hobby or civic groups
- ☐ Other

Notes regarding my Socialize Plan:

[illegible]

Health: Geriatricians

My plan to gather the right Geriatric Care Team: (Select all that apply)

- ☐ I already have a Geriatric Care solution
- ☐ I need to locate Geriatric options near me
 - ☐ Geriatric Care Clinics
 - ☐ Board-Certified Geriatricians
 - ☐ Physicians, PA, or ARNPs with geriatrics training
 - ☐ Undecided

Notes regarding my Geriatric Care Plans:

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Health: Private Pay Options

I plan to include the following Private Pay options in my Health team: (Select all that apply)

- ☐ Private/Preventative Care Clinics
- ☐ Concierge Care
- ☐ Wellness Science
- ☐ Undecided

Notes regarding my plan to include Private Pay options in my Health Team:

[illegible]

[illegible]