

Developed by
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A partnership of rural health centers and churches working to promote innovative ways to help people experience the benefit of taking control of their diabetes and other chronic diseases.

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Help Yourself!

Health Passport

Help Yourself!



- 1 Use this *Health Passport* to keep track of your health and your health exams.
- 2 Ask your health care team what tests you need and how often you should have them.
- 3 Know what the results of each is and what it means.
- 4 Bring this book with you to every visit.

Personal Information

Name: _____

Address: _____

Phone: _____

Health Care Provider: _____

Clinic Information

Clinic: _____

Clinic phone: _____

Clinic hours: _____

Pharmacy: _____

Pharmacy hours: _____

My Health Problems

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____
- 6 _____
- 7 _____
- 8 _____
- 9 _____
- 10 _____

I'm allergic to: _____

My Medicines

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____
- 6 _____
- 7 _____
- 8 _____
- 9 _____
- 10 _____
- 11 _____
- 12 _____

Track Your Preventive Care

- These things can help you stay healthy.
- Ask your health care team which you need.
- Record the date done.

Annual	Date Completed			
Pap Smear				
Mammo-gram				
Colon Check				
Flu Shot				
Dilated Eye Exam				

	Annual	Date Completed			
	Prostate Check				
	Tetanus Shot				
	Foot Check				
Fill in other tests					

Know Your Numbers

Hemoglobin A1c

This test tells you your average blood sugar for the past 3 months.

If you have diabetes, KNOW YOUR NUMBERS	What range is my # in?	Visit Date	Visit Date	Visit Date	Visit Date	Visit Date
Less than 7 ALMOST HEAVEN!	Good					
Less than 8 DOING GREAT!	Watch Out					
	Danger					

Blood Pressure

Blood Pressure checks are important for everyone, especially people with diabetes or other chronic conditions.

Blood Pressure 130/80	What range are my #'s in?	Visit Date	Visit Date	Visit Date	Visit Date	Visit Date
	Good					
	Watch Out					
	Danger	Visit Date	Visit Date	Visit Date	Visit Date	Visit Date
	Good					
	Watch Out					
	Danger					

Blood Pressure

(continued)

Blood Pressure 130/80	What range are my #'s in?	Visit Date	Visit Date	Visit Date	Visit Date	Visit Date
	Good Watch Out Danger					
		Visit Date	Visit Date	Visit Date	Visit Date	Visit Date
	Good Watch Out Danger					

Cholesterol checks are important for everyone, especially people with diabetes or other chronic conditions.

KNOW YOUR NUMBERS	What range are my #'s in?	Visit Date	Visit Date	Visit Date	Visit Date	Visit Date
Total Cholesterol Less than 200	Good Watch Out Danger					
HDL (Good) Women - more than 55 Men - more than 45	Good Watch Out Danger					
LDL (Bad) Less than 100	Good Watch Out Danger					
Triglycerides Less than 150	Good Watch Out Danger					

I'm on my way to reaching healthy goals!

Record the date of each visit to track progress toward meeting healthy lifestyle goals in the chart below.



Balance My Plate

5 servings of fruits and vegetables, foods high in fiber, and lean meats in reasonable portions each day.

	Visit Date	Visit Date	Visit Date	Visit Date	Visit Date
Most of the Time					
Some of the Time					
Rarely					



Choose to MOVE

30 minutes of physical activity on most days of the week.

	Visit Date	Visit Date	Visit Date	Visit Date	Visit Date
Most of the Time					
Some of the Time					
Rarely					



Kick the Habit

No use of tobacco.

	Visit Date	Visit Date	Visit Date	Visit Date	Visit Date
Most of the Time					
Some of the Time					
Rarely					

Notes:

