#### Version: 1



# My Health Action Plan

# My Health Needs and what can go wrong



• I have diabetes

## To stay healthy I need ...



 I need to take my insulin everyday



I need to visit the doctor

# To make my health better I need ...



 I need to go for a walk everyday



I need to eat healthy food

#### To do all this I need ...



 I need my key worker to help me write



An eating plan An exercise plan

#### Go Ahead



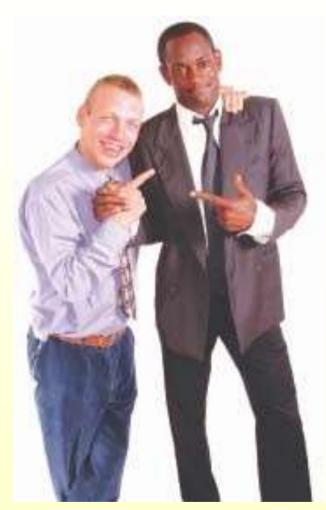
1. The following people can look at my Health Action Plan and talk about it with me:

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2. My Health Action Plan should be kept in a safe place/ locked cupboard & a copy should be kept by my GP.

### Go Ahead



3. Please update my Health Action Plan with me on a regular basis.

4. The things I want have been put in my Health Action Plan.

Sign:

Name:

Date: