

A **Health Action Plan** can help you stay well



It says what your health issues are.

For example;



Going to the Dentist



Having a blood test



Reviewing your medication



Monitoring your weight



It says what actions need to happen. For example;



Seeing a Doctor or Nurse



Hospital Appointments



Seeing a Specialist



Tests



You can do your own Health Action Plan, or get help from-



Your Family



Your Supporter



Your Community Nurse



It’s important someone who understands your health checks your health action plan.



You can take your Health Action plan to your Annual Health Check for your GP to agree



You can also ask your GP for a Health Check Action Plan at your Annual Health Check.



We have made an example Health Action Plan you can use.

Or you can make your own

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NHS North London NHS Foundation Trust
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Health Action Plan

Health professional		Health Issue	Action	To be done by (Date)
Name	Role			

Authorised by (Name of health professional) -

Date -	Sign -