## HealthChange® Menu of Options

Manage Health Condition/s



Manage Medications Effectively	Engage in Specific Treatment Activities	Monitor and Act on Symptoms	Attend Services and Appointments	Manage Triggers and Risk Factors	Manage Healthy Lifestyle Factors
Know and understand own medications	Do specific rehabilitation activities	Know and use emergency action plan/s	Have pathology and other tests as required	Identify and manage triggers	Manage nutrition and eating
Use accurate dose and timing	Avoid infections and illnesses	Recognize and act on signs of improvement	- Visit Doctor	Manage alcohol consumption	Manage physical activity
Recognize and act on side effects	Manage wounds and dressings effectively	Recognize and act on signs of deterioration	Visit medical specialist/s	Address recreational drug use	Manage stress and mood effectively
Take care of equipment	Use bracing, supports and aids effectively	Monitor and manage pain	Attend education or assistance program/s	Reduce or quit smoking	Manage fatigue and energy
Seek a medications review	Use nutritional supplements effectively	Monitor and manage other symptoms	Arrange transport and other access to services	Manage weight and waist circumference	Engage social support
Other	Other	Other	Other	Other	Other