

# HEALTH PROFILE WORKSHEET





Making Medicare + Medi-Cal Work for *You*

There is a lot to think about when it comes to your Medicare and Medi-Cal choices. Your health and well-being is about more than just doctor visits and medications.

This **Health Profile Worksheet** can help you collect all your information about your health care needs and other services. This information can help you find out if a health coverage choice will fit your needs.

You can also find advisors who can help you on the **MyCareMyChoice.org** website at:

**Get Help!**



## PERSONAL HEALTH INFORMATION

NAME: \_\_\_\_\_

AGE: \_\_\_\_\_

WHERE YOU LIVE: \_\_\_\_\_

ZIP CODE: \_\_\_\_\_

HEALTH COVERAGE: \_\_\_\_\_

Medicare: \_\_\_\_\_

Medi-Cal: \_\_\_\_\_

Other: \_\_\_\_\_

ACCESS NEEDS: \_\_\_\_\_

LANGUAGE PREFERENCE: \_\_\_\_\_

CAREGIVER: \_\_\_\_\_



## MEDICAL

PRIMARY DOCTOR / CLINIC: \_\_\_\_\_

\_\_\_\_\_

OTHER DOCTORS: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

SPECIALIST(S): \_\_\_\_\_

\_\_\_\_\_

HOSPITAL: \_\_\_\_\_

\_\_\_\_\_

HOME HEALTH NURSE: \_\_\_\_\_



## PHARMACY

PHARMACY / PHARMACIST: \_\_\_\_\_

\_\_\_\_\_

MEDICATIONS: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



## DENTAL & VISION

DENTAL: Dentist: \_\_\_\_\_

Specialist(s): \_\_\_\_\_

\_\_\_\_\_

Current Concerns: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

VISION: Eye Doctor: \_\_\_\_\_

Prescription(s): \_\_\_\_\_

\_\_\_\_\_

Current Concerns: \_\_\_\_\_

\_\_\_\_\_



## EQUIPMENT & SUPPLIES

EQUIPMENT: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

SUPPLIES: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



## SERVICES & SUPPORTS

PEOPLE TO CALL: \_\_\_\_\_

\_\_\_\_\_

IN-HOME CARE (LIKE IHSS): \_\_\_\_\_

\_\_\_\_\_

ADULT DAY CENTER: \_\_\_\_\_

MEALS: \_\_\_\_\_

TRANSPORTATION: \_\_\_\_\_

PHYSICAL THERAPY: \_\_\_\_\_



## WELLNESS

COUNSELING: \_\_\_\_\_

DIETARY NEEDS /  
RESTRICTIONS: \_\_\_\_\_

EXERCISE / GYM: \_\_\_\_\_

RELIGIOUS / SPIRITUAL  
ACTIVITIES: \_\_\_\_\_

SOCIAL ACTIVITIES: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## MyCareMyChoice.org - MY RESULTS

### MY TOP CHOICES

### MY QUESTIONS & CONCERNS

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## ADDITIONAL NOTES

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VISIT [MyCareMyChoice.org](https://www.MyCareMyChoice.org) TO PRINT OUT YOUR **NEXT STEPS CHECKLIST**

