



# SELF-MANAGE FOR BETTER HEALTH

**Take Charge**  
**You are the Captain of Your**  
**Health Care Team**

## Self - Management—What Is It?

It is about making choices. You make choices every day. The choices you make will affect your health.

**YOU** are the captain of your Health Care Team. Other team members may include doctors, nurses, dietitians, dentists or educators. Each time you meet with a member of your team you should review your personal treatment plan. This plan should center around goals that are made by and are important to you. When you agree with a health care plan it is up to you to stick with it. Contact your team if you have problems with the plan.

## You are the only one who can change you

### Self- Management is Important

**Why?** You are in control of your health 24 hours a day. When you help make your personal treatment plan, you are more likely to follow it.

**Many things play a role in your life, your health, and your healing.**

#### **Relationships**

Your support system  
Family and friends  
Social events



#### **Discovery and Growth**

Your work, Your home  
Your community



#### **Spirituality**

Personal Beliefs  
Things that give meaning  
to your life



#### **Health Behaviors**

Physical Exercise  
Eating Well  
Getting Rest



#### **Medical Treatment**

Medications  
Lifestyle changes  
Follow-up Appointments



#### **Play**

Self-rewards  
Vacation and travel  
Fishing, gardening,  
etc.

## Self - Management *Can* Work For You!

### Here's How

#### **Ask questions.**

Don't be afraid.

Your Health Care Team wants you to succeed.

If there is more you need to know about a health problem and the plan for treating it...ask your Health Care Team!

#### **Don't assume your team has all the answers.**

You know yourself best.

Let your team know if they ask you to do things you feel you cannot or will not do.

Together, you and your team can make a plan that works for you.

#### **Keep your follow-up appointments.**

Don't skip your follow-up visits because you haven't followed your plan perfectly.

Go and change the plan so that it will work for you.

Your team is there to help you.

### ***Remember:***

**YOU are the Captain of Your Health Care Team**

U.P. Diabetes Outreach Network  
Strengthening Diabetes Care in Upper Michigan since 1985  
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