

# KNOWLEDGE Is Power

Here are a few simple steps you can take starting now to get on the pathway to good health and do all you can for a healthier future.

Our goal is to help you get good care. "Good care" means both the care you get from your doctor and the care you give yourself.

And it all starts with knowledge!

## Be Sure to Learn

There are proven guidelines for quality care and expert recommendations on how to stay healthy and prevent disease.

- Learn the action steps your doctors should follow at regular office visits.
- Know your numbers. Use the checklist inside to help make sure that you are successfully managing your health and lowering your risk.
- Learn the action steps you can follow every day. Remember every day YOU can make good choices for your health.

## Success Is Possible. Start Here.

Success is possible, but it's up to you to take charge of your health. Start here with our easy-to-follow **CHECKLIST FOR YOUR DOCTOR VISIT** and **CHECKLIST FOR YOU**. Put yourself on the pathway to a healthier tomorrow!

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## ASK

what your  
doctor can do  
for you

## LEARN

what you  
can do  
for yourself

## ACT

now to take  
charge of your  
health

**YOU CAN DO IT!**

# Maine PATHWAY to health ask. learn. act.

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# SUCCESS

## with your health

what to ask of your doctor

what to do for yourself

for good health

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now to take charge of your health

## YOUR STEPS IN THE PATHWAY TO GOOD HEALTH

### A Checklist For You

Here are self-care steps recommended by the experts. Make a promise to yourself to do the following – choose where you want to start on your path.

#### I WILL...

- Make healthy food choices daily** – Eat more fruits, vegetables, whole grains, and fat-free dairy products; eat fewer foods with added sugars, salt and saturated fat.
- Be active every day** – Aim for 150 minutes of moderate activity (such as a brisk walk) or 75 minutes of vigorous activity every week (such as jogging).
- Quit smoking** – For assistance, call the Maine Tobacco Helpline at 800-207-1230.
- Stay at a healthy weight** – If you are overweight or obese, even a small weight loss (just 10 percent of your current weight) will help.
- Drink alcohol only in moderation** – Have no more than one drink a day.
- Know my numbers** – Keep track of important health information, such as your body mass index (BMI), cholesterol, and blood pressure.
- Get regular medical & dental checkups** – Ask what screening tests you need.
- Take a Health Quiz** – Find out what your health risks are and what you can do to be healthy. Go to [www.keepmewell.org](http://www.keepmewell.org).

### It's Okay to Ask

It is OKAY TO ASK your doctor questions and talk about things that are worrying you. Talking with your provider is a very important part of helping you have good health.

It is also okay to ask your doctor about feelings of stress or depression. How you feel mentally can make a big difference in your physical health. Be honest about what's on your mind.

### Start With Small Steps

Start with small steps. As these steps become easier and part of a daily routine, add another one. You do not have to change everything at once. And remember to reach out to family and friends if you need extra support. YOU CAN DO IT!

### Learn More About Taking Charge of Your Health

For more information, please visit the following websites:

- [www.mainepublichealth.gov](http://www.mainepublichealth.gov)
- [www.medlineplus.gov](http://www.medlineplus.gov)
- [www.maine cahc.org](http://www.maine cahc.org)
- [www.healthymainepartnerships.org](http://www.healthymainepartnerships.org)
- [www.healthymainewalks.org](http://www.healthymainewalks.org)
- [www.mhmc.info](http://www.mhmc.info)

For more info on community resources, call 211

## A Checklist for You at Your Medical Visit (Adults)

Know your numbers. The chart below lists the medical tests that should be part of your regular office visits. You can use this as a tool to talk with your doctor. The recommended schedule is based on a person of average risk. Please ask your doctor what is right for you.

Medical Test / Examination	Why	How Often Test is Typically Needed	What Result Should Be	Your Results
<input type="checkbox"/> Blood Pressure	Controlling your blood pressure can help prevent heart disease, stroke, and kidney damage.	Every visit, or at least every 2 years	Less than 120/80	
<input type="checkbox"/> Smoking status & exposure; and advice to stop smoking	Smoking increases your risk of heart disease, cancer, asthma & other lung diseases, and can cause problems with pregnancy.	Every visit	Stop smoking; avoid all tobacco products and smoke exposure	
<input type="checkbox"/> Weight / Body Mass Index (BMI)	Aiming for a healthy weight can help you feel better and lower your chances of getting other health problems.	Every visit, or at least every 2 years	BMI 18-24.9	
<input type="checkbox"/> Cholesterol (Lipids)	Keeping your LDL low and raising your HDL can lower your risk of heart attack and stroke.	At least every 5 years	LDL less than 130 mg/dl HDL more than 40 (men), or more than 50 (women)	
<input type="checkbox"/> Fasting blood sugar	Over 1 out of 4 people in Maine have a high blood sugar that can develop into diabetes. Screening can help you find diabetes early and avoid future problems.	At least every 3 years if you have high blood pressure or high cholesterol	Less than 100 mg/dl	
<input type="checkbox"/> Breast cancer screening (mammogram)	Many cancers can be treated more effectively if found early.	Every 2 years starting at age 50; Talk with your doctor at age 40	Normal	
<input type="checkbox"/> Cervical cancer screening (Pap)	Many cancers can be treated more effectively if found early.	At least every 3 years	Normal	
<input type="checkbox"/> Colon cancer screening (colonoscopy or other test)	Many cancers can be treated more effectively if found early.	Every 10 years starting at age 50 (colonoscopy)	Normal	
<input type="checkbox"/> Influenza ("Flu") Vaccine	Vaccines can lower your chance of getting sick	Every year (fall)	Get the shot	
<input type="checkbox"/> Pneumococcal Pneumonia Vaccine	Vaccines can lower your chance of getting sick	Once when 65 years or older	Get the shot	