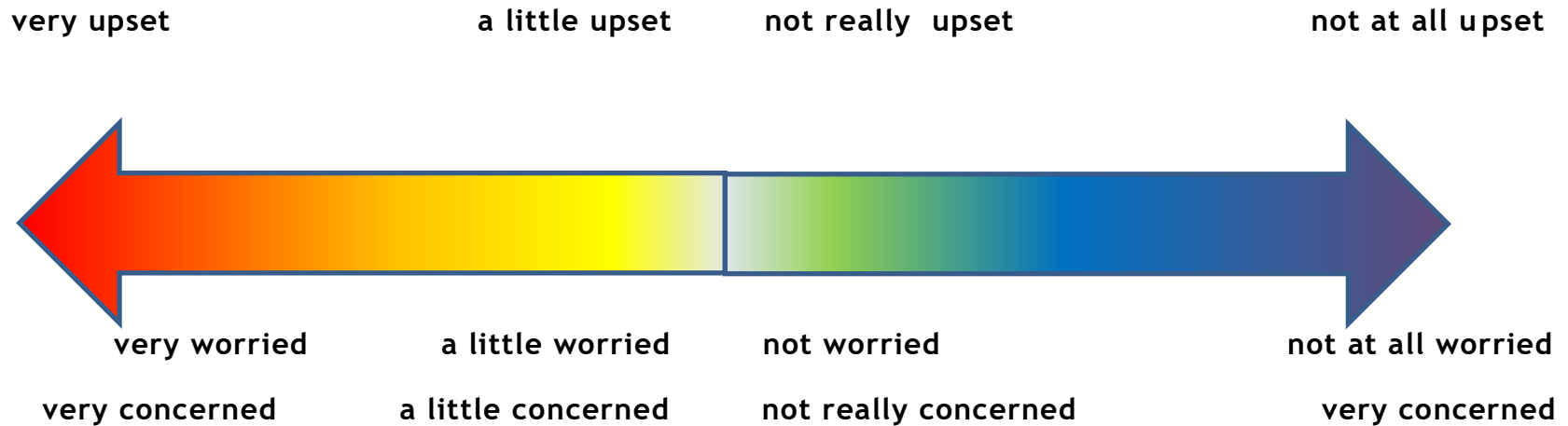


MIND AND BODY HEALTH: GETTING CONNECTED TO GOOD PHYSICAL HEALTH

PARTICIPANT'S WORKBOOK

Welcome to Mind and Body Health: Getting Connected to Good Physical Health. This workbook is a place to keep your thoughts and plans for ways that you can take a hand in planning for and receiving good healthcare services and supporting our lives of recovery. It can be difficult to get healthcare sometimes because it can be difficult to find service providers; it can be difficult to find service providers you like and work well with and it can be difficult to know what and how to ask your health related questions. Our group will be focusing on the ways that our health and our minds and our bodies work together and work against each other when we are trying to be healthy. We invite you to explore your thoughts and feelings about your health, to imagine what you would like this part of your life to be like and to work with your fellow group members to think about and begin a plan to make your imagined future happen. Having that imagined future is an important part of recovery and our physical health plays a big part in our being able to meet our hopes and goals. We all have ways we can feel healthier and we all have ways we can set up our lives to get what we need. Good Luck and Be Well!

Measure how you are feeling at this time



When using this tool you might answer a question by saying: “I am feeling pretty worried about this question so I think I am probably Orange today.” Or “I think I know how to do this and I feel pretty confident I will be able to do it. I guess I am pretty Blue today.”

SECTION ONE: ACCESS TO CARE AND PROVIDERS

There can be a lot of challenges in finding and choosing healthcare providers. We deal with insurance or benefits programs; we have primary doctors and specialists and we may have people who help us to access our care. All of this may be topics that you may want to work on to learn the skill for accessing care or for talking with your doctors. In the charts below you will see statements that may reflect how you feel about each subject. If you see a statement that you have questions about or want to explore more closely make note of it here in the workbook. You may want to make a clear statement to yourself such as “I want to know how to do this.” Or “I could use some practice in doing this so that I can have the care I want. You will be doing several sections like this. As we begin in Section One the goal is to identify areas that we may have questions or concerns about our health and our recovery. You shouldn’t limit yourself to questions that you know the answers for already or concerns that you know how to resolve. The Workbook is designed to help answer questions and concerns in Section Three and plan for change in Section Four.

STATEMENTS Does this describe you? What do you think is important in this section?	How do I know this? / What is the answer?	Is this an area to consider in Section 4? What would you like to explore or make different?
I FEEL LIKE I HAVE GOOD HEALTH CARE NOW. <hr/> My last check-up I was healthy. I feel good most days. Most days I don’t have physical health complaints. Most days I don’t worry about being healthy.		

<p>I have a healthy lifestyle because I eat well and exercise.</p> <p>I have people in my life who support my health.</p>		
<p><u>I HAVE INSURANCE / SUPPORT TO OBTAIN HEALTH CARE.</u></p> <p>My medical care is covered by insurance or a benefit program.</p> <p>My medical care insurance has enough coverage for my health.</p> <p>I know who to talk to about accessing healthcare.</p> <p>I know the phone number /website for my insurance or benefit.</p> <p>I get and can read my explanation of benefits notices.</p>		

<p>I know what my insurance covers and doesn't.</p> <p>I know who to ask about my insurance or insurance needs.</p> <p>I have people in my life who are able to and willing to help me with this topic.</p>		
<p>MY INSURANCE IS CURRENTLY ACTIVE AND I KNOW HOW TO ACCESS IT.</p> <hr/> <p>I know when my insurance/benefit renews.</p> <p>I know when I can make changes to my insurance plan each year.</p> <p>I know how my insurance gets paid (contribution, covered by entitlement/benefit).</p> <p>I know my deductibles.</p> <p>I can call my agent /go on my insurance website / call customer service for my insurance.</p>		

<p>I know questions I want to ask about insurance.</p>		
<p>I HAVE A PRIMARY CARE DOCTOR.</p> <hr/> <p>I know my doctor's name.</p> <p>I know my doctor's office address/addresses.</p> <p>I know my primary doctor's area of practice (Internal Medicine/General Practitioner/Family Medicine etc.).</p> <p>I know my doctor's diagnosis of my health conditions.</p> <p>I know what my doctor is following on me for my health.</p> <p>My Primary Doctor respects me and gives me good care.</p>		
<p>I HAVE SPECIALTY CARE DOCTORS FOR THE CARE I THINK THAT I NEED.</p> <hr/>		

<p>I have medical diagnoses that are not being treated by my primary doctor.</p> <p>I can name my specialty care doctor.</p> <p>I know the address of the specialty care doctor's office or clinic.</p> <p>I can discuss with my specialty doctor what my primary doctor has been treating me for (and the other way around).</p> <p>I know that my doctors communicate about my treatment and I feel good about that.</p> <p>My specialty doctor treats me with respect and gives good care.</p>		
<p><u>I HAVE A HEALTH NAVIGATOR OR OTHER PROVIDER WHO HELPS COORDINATE MY CARE.</u></p>		

<p>I am part of a health home.</p> <p>I know the name of my care coordinator (navigator).</p> <p>I know the diagnoses that make me eligible for my health home.</p> <p>I feel confident that my care is being coordinated so that I can stay healthier and not go to the hospital unless necessary.</p> <p>I provide feedback (surveys) for my health home.</p> <p>I am happy with my care.</p>		
<p>I HAVE OTHER HEALTH CONCERNS</p> <hr/>		

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SECTION TWO: OBSTACLES I MAY ENCOUNTER

In Section Two we will be exploring statements that may help to identify areas where you have questions or concerns or worries that can be a part of our plan for good health. Knowing what we have learned about the mind body connection these worries might get in the way of our health treatment or interrupt the quality of our care. Read the statements and notice if they sound familiar to you making note of the ones you would like to do something with. Say what it is you hope to do or learn and then work with a partner or group to practice saying what you want to say or doing what you would like to do to be ready to make a plan in Section 4.

STATEMENTS	What I want to learn / do? Name it	What will it sound like when I do it? Say it out loud.
<p>I KNOW HOW TO CHALLENGE A DECISION BY MY INSURANCE FOR COVERAGE OF A HEALTHCARE VISIT OR PROCEDURE</p> <hr/> <p>I have had a visit or procedure refused by my insurance.</p> <p>I learned about the refused payment by mail/phone call/electronic message.</p> <p>I asked my doctor to resubmit the bill.</p> <p>I contacted my insurance to speak with a customer service representative.</p> <p>I protested the refusal in a letter/phone call/electronic message.</p> <p>I felt confident that I advocated for myself effectively.</p>		

<p>I felt certain I spoke to people who were the right people to help me.</p> <p>I have never done this process and want to learn how.</p> <p>I have never done this process and felt now that I could have.</p>		
<p>I CAN NEGOTIATE AN APPOINTMENT AT A TIME THAT IS CONVENIENT FOR ME FOR HEALTHCARE.</p> <hr/> <p>I have scheduled an appointment with my healthcare provider.</p> <p>I have re-scheduled an appointment because of a conflict on my calendar.</p> <p>I have asked for a specific appointment time or day with my provider.</p>		

<p>I have taken an appointment time offered even though it would interfere with another appointment.</p> <p>I decided that one appointment was more important than another and used that decision to arrange or re-arrange appointments.</p> <p>I scheduled appointments so that information would be available from one doctor to another.</p>		
<p><u>I CAN ASK MY PROVIDER QUESTIONS TO BETTER UNDERSTAND THE TREATMENT THAT IS BEING PROVIDED</u></p> <p>I have an everyday-language description of the health concerns I am being treated for.</p>		

I have looked up an article or a website to understand my diagnosis and treatment.

I know how to begin a question with my healthcare provider.
I know when to ask my questions during a doctor's visit.

I prepare my questions for my doctor before my healthcare appointments.

I have someone go with me to appointments so that I remember to ask my questions.

I don't understand my health diagnosis and I don't understand how the treatment is supposed to work.

My doctor explained my health concern to me but did not make it understandable.

My doctor does not have time to talk with me at appointments.

<p>My doctor asks me each visit if I have any questions.</p>		
<p>I CAN ASK MY PROVIDER QUESTIONS TO UNDERSTAND THE RISKS AND BENEFITS OF THE TREATMENT</p> <hr/> <p>I understand that all medical care can have positive and negative effects on my health (benefits and risks).</p> <p>I know that there are one or more than one option for treatment of any illnesses that I might have.</p> <p>My doctor is aware of other treatment options that we might discuss and choose for my treatment.</p> <p>I know how to do a risk/benefit review of the side-effects of the treatment I am receiving from my doctor.</p>		

<p>I can use my review to make decisions about what kind of treatment to agree to receive. My doctor engages me in making health care decisions.</p> <p>My doctor prescribes the treatment that is best for my health concerns.</p> <p>I feel confident I can ask a question about my treatment.</p> <p>I feel confident that I will understand the doctor's answer to my questions about risks and benefits.</p> <p>My doctor wants me to be comfortable with the treatment provided.</p>		
<p><u>I CAN ASK ANOTHER PROVIDER FOR A SECOND OPINION ABOUT A PROCEDURE THAT IS BEING RECOMMENDED.</u></p> <p>I know that I can ask for another doctor's opinion</p>		

regarding any treatment I am receiving for my healthcare.

I know how to identify another doctor to see for this second opinion.

I have asked my doctor to arrange a second opinion for my treatment.

I have arranged to see a doctor through my insurance/benefit manager for a second opinion.

I have thought I should have a second opinion but not sought one.

I had a second opinion and the two doctors agreed about what was happening with me.

I had a second opinion and the two doctors disagreed about what is happening with me.

I know how to use my second opinion to plan treatment with my doctor (or the new doctor).

I KNOW MY MEDICATIONS AND WHAT THEY ARE INTENDED TO TREAT.

I know the names, dosages and frequencies of taking my medications.

I have reviewed my medications with my healthcare providers to check for negative interactions between all of the medicines I take.

I understand that some medicines require I abstain from specific foods or experiences (sunlight, grapefruit etc.).

I know what conditions the medications I have been prescribed are designed to treat.

<p>I take my medication every day on time.</p> <p>I struggle to take my medication on a schedule.</p> <p>I don't know if my medicine works together because more than one doctor has been involved in prescribing what I take.</p> <p>I am confident that the medicines I am taking are right for my condition.</p> <p>I am concerned that one or more of my medications are not working as they should.</p> <p>I want to talk with my doctor about changing medicines.</p>		
<p>I CAN DESCRIBE MY CURRENT MEDICAL HEALTH IN A MANNER THAT I UNDERSTAND AND IS ACCURATE.</p> <hr/>		

<p>I know what my health condition is and I can tell a doctor, a nurse, or an office support person what I am feeling regarding my health.</p> <p>I am having trouble describing my health concerns in words that I understand.</p> <p>I am afraid to tell people what is troubling me about my health.</p>		
<p><u>I HAVE OTHER CONCERNS THAT I WANT TO EXPLORE</u></p>		

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SECTION THREE: SOLUTIONS AND RESOURCES

Section 3 is about what we have already found or need to find in order to be able to do the things we have talked about in Section 2 and will use to make plans in Section 4. Fill in the boxes with your ideas and what you want to learn or find.

WHAT ARE YOUR RESOURCES OR IDEAS FOR ANSWERING INSURANCE QUESTIONS?
WHAT HAVE YOU USED AND WHAT WORKED FOR YOU IN THE PAST?

Words/pictures/websites/magazines

Are there resources or ideas you want to add to this box to be a part of your plan for Section 4?

DO YOU HAVE A SOURCE FOR INFORMATION ABOUT DOCTORS OR OTHER HEALTH CARE PROVIDERS THAT YOU LIKE TO USE OR THAT YOU HAVE FOUND USEFUL IN THE PAST? DO YOU KNOW OF A PLACE TO FIND “REVIEWS” OF DOCTORS IF THIS INTERESTS YOU?

WHERE DO YOU FIND INFORMATION ABOUT MEDICINES OR TREATMENTS? HAVE YOU SEEN ARTICLES OR ADVERTISEMENTS ABOUT MEDICINES THAT INTEREST YOU? DO YOU HAVE A WAY TO EVALUATE WHAT YOU HAVE READ?

HOW CAN YOU PREPARE TO TALK TO YOUR DOCTOR ABOUT YOUR TREATMENT OR DIAGNOSIS? WHAT QUESTIONS MIGHT YOU ASK? WHAT ARE THE CHALLENGES YOU ANTICIPATE TO HAVING THIS CONVERSATION?

DO YOU HAVE ADVICE OR CAUTIONS FOR YOUR GROUP MATES BASED ON WHAT THEY ARE THINKING TO EXPLORE?

WHAT CAN WE GATHER TO SHARE WITH EACH OTHER AND FOR OTHER GROUPS THAT MAY USE THIS CURRICULUM IN THE FUTURE?

ANY OTHER IDEAS ABOUT WHAT YOU WOULD LIKE TO PLAN FOR GETTING READY FOR SECTION 4?



SECTION FOUR: MAKING A PLAN

Now it's time to take all of the work in the other three sections and use them to make a plan for your good health. You are going to need to think about what your answers were and what statements matched for you and to put those ideas into a plan that you will use to "take charge" of your health in a new and "healthy" way. Work with your groups to build plans that you want to do and fill them in the boxes using the framework provided. Be prepared to share your plan outloud with the group so you can practice and hear how it will sound as you do your plan. Start on the next page. Use as many boxes as you feel you need.

IN ORDER TO LIVE A HEALTHIER LIFESTYLE I COMMIT TO MAKING THE FOLLOWING CHANGE:

I am committing to this change because I want to resolve the concern I identified in Sections 1 and 2 of this workbook, which is:

In order to be able to understand what I want to change and where and how to change I will use the resources and ideas that I noted in Section 3, which is/are:

I will know that I have made this change when I (name what you will know, feel or do when the change has been made):

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CONGRATULATIONS ON MAKING YOU PLAN FOR A HEALTHIER LIFESTYLE! SHARE YOUR IDEAS AND YOUR PLANS WITH OTHERS AS A WAY TO HOLD YOURSELF TO YOUR PLAN AND TO HAVE SUPPORTS FROM OTHERS TO ACHIEVE THE GOAL OF A HEALTHIER YOU.

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