

# My People

Please use this section of your Mywell Health planner to list the network of people involved in your life. Consider the professionals you call on and what they do for you. Identify your care partners; friends, family, neighbours, and others who do or could offer you support. Take time to name people you trust to make health treatment decisions for you when you are unable to speak for yourself.

[MywellHealth.info](https://mywellhealth.info)

Write your full name & date completed/updated here:  
(It will automatically appear on every page)

# Activities

## **My Health Care & Business Professionals**

Keep a current list of all your health care and business professionals.

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## **Identifying My Care Partners**

Make a list of family, friends, neighbours, caregivers, and others who provide support and guidance to you.

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## **Choosing My Health Advocate & Temporary or Substitute Decision-Maker**

Name those you trust to assist with health care and hospital visits, and to make decisions on your behalf if you are unable to do so.

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## **Caring for My Caregivers**

Think about ways to support the needs of your family members, caregivers, and care partners.

## **Resource Kit**

Click the underlined words in each activity to explore the online [resource kit](#). The resource kit provides definitions, educational materials, links to websites, videos, and more!

## **Medical Emergency**

If you have a medical emergency call 911. Do NOT use the planner or website for medical emergencies. If you have a medical concern, call your physician or a health care professional.

The general information provided on the website and planner is for informational purposes only and is not professional medical advice. Please read the [Terms of Use](#).

# My Health Care and Business Professionals

It is a good idea to keep up to date contact information for your health care and other important professionals in one place. For each of them, list the type of care or services they provide so you will know who to call when you have specific concerns or problems.

**Tip:** Make sure your family and care partners know where this list is saved and who to call on your behalf if needed. Keep a print copy near your phone. Learn how to have a digital copy so you can access it 24/7.

My Health Care Professionals		
Role	Name Phone and/or Email	What is their role? How do they help you? Date of last visit?
Family <u>Physician</u>		
<u>Nurse Practitioner</u>		
<u>Specialist</u>		
Specialist		
Specialist		
Specialist		
<u>Acupuncturist</u>		
<u>Audiologist</u>		
<u>Case Worker</u>		

My Health Care Professionals (2)		
Role	Name Phone and/or Email	What is their role? How do they help you? Date of last visit?
<u>Care Coordinator</u>		
<u>Clinical Counsellor</u>		
<u>Dental Care</u>		
<u>Dietitian</u>		
<u>Geriatrician</u>		
<u>Hearing Clinic</u>		
<u>Naturopath</u>		
<u>Occupational Therapist</u>		
<u>Ophthalmologist</u>		
<u>Optometrist</u>		
<u>Pharmacist</u>		
<u>Physiotherapist</u>		
<u>Podiatrist</u>		



My Business Professionals		
Role	Name Phone and/or Email	What is their role? How do they help you? Date of last visit?
<u>Accountant</u>		
Bank Contact		
Bookkeeper		
<u>Financial Planner</u>		
Life Insurance Agent		
Home Insurance Agent		
Lawyer		
<u>Notary</u>		
<u>Power of Attorney (Enduring)</u>		

# Notes for My People

Use the 'Notes for My People' as needed. It keeps all your thoughts, questions, and things to do in one place. Might be a place to list ideas, services, and resources you like.

Date	A place to record your thoughts, questions, and learning

Notes	
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