



My Health Information

Name: _____ Telephone: _____

Address: _____

Date of birth: _____ Blood type: _____

Drug allergies: _____

Other allergies: _____

Health Problem	Provider Name	Phone

Hospital: _____ Phone: _____

Pharmacy: _____ Phone: _____

Insurance carrier: _____

ID number: _____

IN CASE OF AN EMERGENCY...

Name: _____

Relationship: _____ Phone: _____

Name: _____

Relationship: _____ Phone: _____



ABOUT MULTIPLE CHRONIC HEALTH PROBLEMS

Your Treatment & You: Working Together to Help Manage Your Health



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Multiple Health Problems— What Are the Challenges?

As you get older, you are more likely to have multiple chronic health problems. Chronic means “long-term.” A chronic health problem is one that requires treatment for a long time.

Examples of chronic health problems include:

- Arthritis
- Cancer
- Depression
- Diabetes
- High blood pressure
- Heart disease
- Lung diseases, including asthma and COPD

Living with Multiple Chronic Health Problems

Taking your medicine as directed by your healthcare provider is one of the most important things you can do. But if you have multiple chronic health problems, this can be hard. If you are having a hard time, you are not alone.



- More than one in four Americans have multiple chronic health problems.
- Nearly one in three Americans take five or more different medicines.



Talking With Healthcare Team

Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree
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7 My doctor/nurse and I work together to make decisions.

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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Behavior



Taking Medicines

Have You...	In the last week	In the last month	In the last 3 months	More than 3 months ago	Never
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8 Taken a medicine more or less often than prescribed?

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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9 Skipped or stopped taking a medicine because you didn't think it was working?

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
-----------------------	-----------------------	-----------------------	-----------------------	-----------------------

10 Skipped or stopped taking a medicine because it made you feel bad?

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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11 Skipped, stopped, not refilled, or taken less medicine because of the cost?

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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12 Not had medicine with you when it was time to take it?

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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If you checked any answers in the darker blue boxes, talk with your healthcare provider.



Taking Medicine— What Gets In The Way?

Think about all of the medicines you take. Mark one answer for each item below.

Inconvenience/Forgetfulness



Lifestyles

Strongly Agree Agree Neutral Disagree Strongly Disagree

1 I just forget to take my medicines some of the time.

2 I run out of my medicine because I don't get refills on time.

3 Taking medicines more than once a day is inconvenient.

Treatment Beliefs



Attitudes and Beliefs

Strongly Agree Agree Neutral Disagree Strongly Disagree

4 I feel confident that each one of my medicines will help me.

5 I know if I am reaching my health goals.



Help From Others

6 I have someone I can call with questions about my medicines.

“I'm taking different medicines for different health problems. It's hard to keep it all straight.”

Having more than one health problem can make it hard to effectively manage your health. You may need to take multiple medicines, and you may need to see multiple providers.

The key is to work closely with your provider(s) on a plan that fits your life.



Use the tips in this booklet to help you:

- **Make a list of all your providers and what health problems they see you for.** There is space for a list on the back cover.
- **Fill out a medicine chart with the help of your provider(s).** Use the chart on pages 8 and 9 to help you get started.
- **Ask for written information about all your medicines.** Share the checklist on page 13 with your provider(s) or pharmacist.
- **Create a routine that fits your life.** Pages 10 and 11 offer tips to help you fit medicine-taking into your daily routine.
- **It may be helpful to go to the same pharmacy** so they know all your providers and all the medicines you take.
- **Know where to go for help.** Pages 14 and 15 offer some helpful resources.

Ask your pharmacist to include the name of the condition on your medicine bottles. For example, "heart problem." This will help you know which health problem each medicine treats.



My Medicines— How Do They Work?

Medicines are prescribed to help you. For every medicine you take, ask your provider to explain:

- What is the name of the medicine
- What condition the medicine is for
- How and when to take the medicine



Ask the provider to explain things in a way you can understand:

- Which of your health problems does each medicine treat?
- How can each medicine help each one of your health problems?
- What will happen if you do not take your medicines as directed?

“Why do I have to take all these medicines?”

- You take medicines to help you feel better or to help you stay healthy. But they will work only if you take them as directed.
- One or more of your health problems could get worse if you skip doses or do not take your medicine as directed.
- Even when your health has improved, you may need to keep taking your medicine for a long time. For most health problems, taking your medicine correctly is what helps you best manage it.

As always, talk to your provider for more information and discuss these resources with them.

American Cancer Society 800-227-2345
www.cancer.org

American Diabetes Association 800-342-2383
www.diabetes.org

American Heart Association 800-242-8721
www.heart.org

American Lung Association 800-586-4872
www.lung.org

Arthritis Foundation 404-872-7100
www.arthritis.org

National Institutes of Health
www.nih.gov

Mental Health America 800-969-6642
www.mentalhealthamerica.net

U.S. Department of Health and Human Services
www.healthfinder.gov

The resources listed above are administered by independent third parties not affiliated with or endorsed by GSK. GSK is not responsible for the content of these resources.



Support— Where Can I Go for Help?

“I need help. I can't do this on my own.”

- Ask a family member or friend to support you. Share a copy of your medicine list with a family member or friend. They can help you stay on schedule.
- You may want to join a support group for people with your health problem(s).
- Is it hard to get to the pharmacy? Ask your provider about a mail-order or pharmacy delivery service.

If you have trouble paying for all of your medicines:

- One option is to call 800-Medicare (800-633-4227) or visit www.medicare.gov.

Have you felt moody or blue?

It's common for people with chronic health problems to feel moody or blue from time to time. If these feelings continue, you may lose interest in the things you used to enjoy doing. Or you may have problems sleeping or working. The good news is that you don't have to deal with these feelings by yourself. Talk with your family, friends, and provider for help.

To learn more about what may be getting in the way of taking your medicine, go to www.HealthCoach4Me.com.

“I stop taking a medicine if it makes me feel worse.”

- Side effects are common to all medicines. Tell the provider about any side effects you may have. Some can be managed or may go away over time.
- The provider may recommend other medicines or tips for reducing side effects.
- NEVER stop taking your medicine without talking to your provider.
- Be sure that your provider knows about all the medicines you take. Some medicines can change how other medicines work or make you feel.

Before you leave the provider's office with a new prescription...

- Ask if the medicine replaces one of your current medicines, or if it's in addition to your current medicines.

Before you leave the pharmacy...

- Make sure you received the medicines that your provider prescribed for you. If the color, size, or shape has changed, talk to your pharmacist.

Before you take your medicine...

- Read the label to make sure you are taking the right medicine at the right time.

Take your medicine list with you to all of your healthcare provider visits. Your providers can help ensure that all of your medicines work well together.



Sticking With My Medicine— What Will Work?

Taking your medicines as directed by the provider is one of the most important things you can do to help manage your multiple health problems.

If you do not take your medicines as directed by your provider:

- One or more of your health problems may get worse
- You may have trouble doing some daily tasks
- You may be at risk for health complications

“*I sometimes forget to take all of my medicines every day.*”

Taking medicines for multiple health problems at different times each day can be confusing and hard to remember.

- Try taking your medicines around the same time as other daily habits, such as in the morning when brushing your teeth or in the evening around dinnertime.
- Ask the provider if there are medicines you can take less often. There may be combination medicines that can replace two separate ones. There may also be one medicine that can treat more than one health problem.

Talk to your healthcare provider about the best times of day to take each of your medicines. You may be able to take some medicines at the same time, but you may have to wait before taking others.

If you often forget to take your medicine:

- Use a pill box marked with the days of the week. If you take several pills, you may need a larger pill box. Take it with you when you are away from home.
- Wear a watch. Set an alarm. Leave yourself a note on the bathroom mirror.
- Keep your medicines in a place where you will see them every day.



If you forget to refill your medicine on time:

- Write “refill medicines” on your calendar about a week before each of your medicines will run out.
- Make sure you have enough refills to last until your next provider visit.
- Ask your pharmacy to send you reminders to refill your prescription.



“*It’s hard to keep up with my refills.*”

Try to use one pharmacy for all your medicine needs. The pharmacist can help make sure all your medicines work well together. The pharmacist can also consolidate your orders so you do not have to make more than one trip.