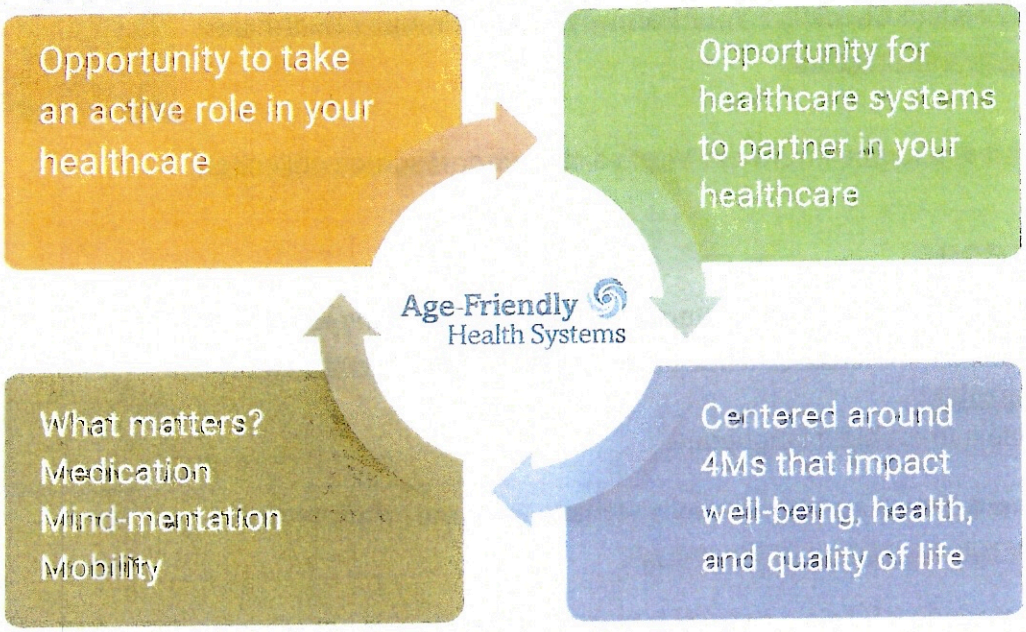
My Health Checklist: Your Pathway to Age-Friendly Healthcare

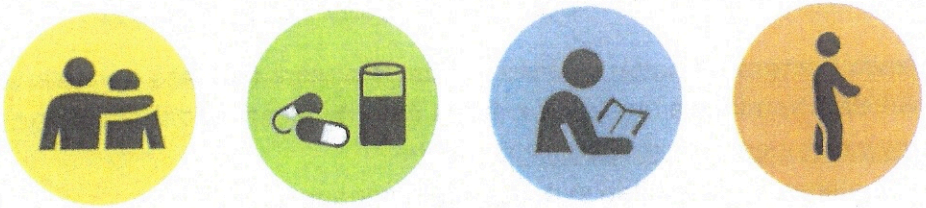
What is the Age-Friendly Health Systems Initiative?



Preparing for an Appointment

The **My Health Checklist** is a guide for older adults that focuses on four key areas—the 4Ms—to help you think about your health. It helps you identify important questions or concerns to talk about with your provider. Being prepared can help you get the care that's right for you.

The 4Ms:



What **Matters** to you in your life

Medication you may take

Your **Mind** and sense of well-being

Your **Mobility**

My Health Checklist Steps

1. Your situation now
2. What is working well?
3. What could be better?
4. Questions and concerns

VGEC
Virginia Geriatric Education Center

Age-Friendly Health System Coaching Program

Additional Resources

If you're interested in learning more about age-friendly health systems and the 4Ms, we've put together a collection of vetted resources on Virginia Navigator to support your learning and exploration. Remember, if you need medical advice, please contact your healthcare provider.

Virginia Navigator: My Health Checklist: Your Pathway to Age-Friendly Healthcare
www.virginianavigator.org/4Mchecklist

Below are some highlighted resources from our Virginia Navigator resource collection.

Trusted Resources

My Health Checklist is a guide for older adults and caregivers. You can read it online or download a copy at this link: www.ihi.org/partner/initiatives/age-friendly-health-systems/my-health-checklist
The checklist is available in multiple languages.

Age-Friendly Healthcare & You is an age-friendly website with more information: www.healthinaging.org/age-friendly-healthcare-you

SeniorNavigator is a statewide Virginia nonprofit that provides an easily searchable directory of community-based resources for older adults and caregivers. The platform also offers trusted information and guidance, including resources on navigating health care: www.seniornavigator.org/health/navigating-health-care

The Healthy Brain Virginia Program promotes brain health and supports those affected by Alzheimer's Disease and Related Dementias (ADRD) across Virginia through information and events: www.vdh.virginia.gov/brain-health/

The Nevada Interprofessional Healthy Aging Network (NIHAN) tip sheets on the 4Ms will help you take a closer look at the 4Ms. You can read them online at this link: www.nihan.care/information/tip-sheets
These tips sheets are available in multiple languages.

Trusted Medical Resources

Mayo Clinic www.mayoclinic.org/diseases-conditions
National Center for Complementary and Integrative Health www.nccih.nih.gov/
Medline Plus www.medlineplus.gov/
My Health Priorities www.myhealthpriorities.org/
Harvard Medical School www.health.harvard.edu/

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