



MY HEALTH PLAN SELF-MANAGEMENT TOOL

DATE
PATIENT NAME
NEXT VISIT
CASE MANAGER NAME
CASE MANAGER PHONE

GREEN ZONE

I FEEL GREAT!

- In the Green Zone, I am:
- Focused on staying healthy
 - Confident in how to manage my health
 - Taking my medications daily
 - Keeping healthcare appointments
 - Low stress level
 - Aware of my condition(s) and symptoms

- I can stay in the green zone with these tips:
- Keep all healthcare appointments
 - Follow my provider's orders
 - Take my medications as directed
 - Set a daily routine for healthy meals, exercise, and taking medications
 - Stay up-to-date on vaccines and well-child visits
 - Set long term goals for my health
 - Share this spotlight tool with others

YELLOW ZONE

I NEED TO GET BACK ON TRACK.

- In the Yellow Zone, I am:
- Not focused on staying healthy
 - Unsure how to manage my health
 - Taking my medications some days
 - Occasionally miss healthcare appointments
 - Medium stress level

- Tips to help me get back on track:
- Set reminders to take medications
 - Review my provider's orders
 - Call my case manager at Texas Children's Health Plan
 - Ask family member or friend to help keep me on track
 - Keep a food and exercise log
 - Reschedule appointment

RED ZONE

I NEED TO ASK FOR HELP.

- In the Red Zone, I am:
- Not motivated to stay healthy
 - Feeling overwhelmed with my health condition(s)
 - Rarely taking my medications
 - Frequently miss healthcare appointments
 - High stress level

- Tips to help me be healthy again:
- Reschedule appointment
 - Call my case manager at Texas Children's Health Plan
 - Refill my medications 7 days before they are empty
 - Eat healthy meals everyday
 - Limit sugary drinks (soda, juice, koolaid)
 - Exercise 3 to 5 days a week for 30 minutes

QUESTIONS? Texas Children's Health Plan Nurse Help Line 24/7: 1-800-686-3831

