

# Be Your Best

## Avoid Hospitalizations and Find More Peace of Mind

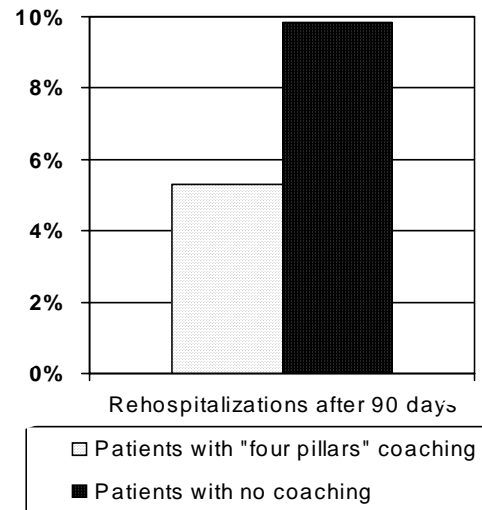
**You can reduce hospitalizations by nearly half** if you take a more active role in your care, according to a study (see graph) in which patients were coached in *four pillars of care*:

- Bring a list of all current medications to each doctor visit
- Use a personal health record or care plan at each doctor visit
- Follow-up with your doctor after hospitalizations
- Know your “red flags” (when to call your doctor immediately)

**Whether you are a frail elder, a well senior or a caregiver,** discuss any “no” answers to this quiz with your care team.

Then, use the *Ask the BEST Questions* flyer and the *Never Too Old* booklet, videos and materials to learn more.

**Hospitalizations Can Be Reduced**



Coleman, E. et al. The Care Transitions Intervention  
*Arch Intern Med.* 2006;166:1822-1828

### Avoid Hospitalizations

- |  |     |    |
|--|-----|----|
| I use a pill box or some other system to organize my medicine.....                         | YES | NO |
| I bring a list of current medications (INCLUDING OVER-THE-COUNTER) to each doctor visit... | YES | NO |
| I bring a written care plan or my health record to each doctor visit.....                  | YES | NO |
| I bring a written list of questions to each doctor visit.....                              | YES | NO |
| I know my “red flags” (signs that I should immediately call a doctor).....                 | YES | NO |
| IF YOU’VE FALLEN IN THE PAST YEAR, PLEASE ANSWER: I have a plan to avoid future falls..... | YES | NO |

### ...And Find More Peace of Mind

- |  |     |    |
|--|-----|----|
| I know where to call for advice about community services or long term care.... | YES | NO |
| I often have fun with friends or family.....                                   | YES | NO |
| I often help others, or serve them in some way.....                            | YES | NO |
| I am responsible in my use of alcohol and prescribed medications.....          | YES | NO |
| I know all my options to afford the care that’s best for me.....               | YES | NO |
| I have effective strategies to manage the stress and depression in my life.... | YES | NO |
| I always eat well and exercise regularly.....                                  | YES | NO |
| When I think about my life and its meaning, I feel peaceful.....               | YES | NO |
| I have a health care proxy form, so someone can speak for me if I’m unable...  | YES | NO |