

You may feel uneasy talking about topics that seem to fall outside of your medical care. For example, how well you are able to do daily tasks, your emotions, or if you have trouble paying for your medicines or getting to and from health visits. But these factors can affect your health and ability to follow your treatment plan.

**This chart lists examples of concerns you might have related to areas of your care. Use it to guide what you talk about with your care team. Remember, your goals should be at the center of these discussions.**



### Your medical care and treatments

- New or worsening symptoms
- Any issues with medications
- Wanting to learn more about your heart disease or treatments
- Challenges managing other conditions
- Needing advice or support to make and maintain lifestyle changes (physical activity, healthy food choices, weight loss, quitting tobacco use)
- Changes in appetite or weight



### Your physical health and functioning

- Difficulties doing daily tasks or household chores
- Ability (or not) to work, take care of family
- How active you are most days or if you are slowing down - even if you think it's due to getting older or being out of shape
- Trouble standing up from a chair, recent falls or issues with balance

## You and your goals for care



### Your emotional and mental health

- Sharing what you want from your care plan and what you are willing and able to do, especially with lifestyle changes
- Coping with heart disease and other health conditions
- Feeling unusually sad or anxious
- Sources of stress (work, loss of a job, death in the family, burden of heart disease on family or relationships)
- Not getting restful sleep or sleeping too much
- Benefits of seeing a mental health professional, talking to other people with the same condition



### Your environment - how where you live and work affect your health

- Difficulty understanding what your clinician tells you
- Challenges getting to and from health visits
- Worries about money, needing help with copays, medication costs
- Difficulty buying healthy foods or not having a safe place to exercise
- Support from family members or friends, or not feeling supported