

HAIL Consumer Skills Checklist (Phase 1- Identify needs)

❖ Working With Your Health Care Provider

This fact sheet relays how best to work with your healthcare provider, whether he or she is a doctor, nurse or other health professional. It addresses common barriers to accessing health care and ways to overcome them so that you can work cooperatively with your health care provider and address your healthcare needs successfully.

- ✓ *I am interested in this topic: Yes _____ No _____*
- ✓ *On a scale of 3, with 3 being the highest, how would you rate your interest in this topic? (3= very interested; 2= somewhat interested; 1= interested; 0= not interested) _____*

❖ Accessing Preventive Care

This fact sheet addresses health care services that can prevent versus treat illness. Preventive care helps to identify problems and diseases before they happen. It provides suggestions about maintaining good health, through services like health screenings, wellness exams, and vaccinations.

- ✓ *I am interested in this topic: Yes _____ No _____*
- ✓ *On a scale of 3, with 3 being the highest, how would you rate your interest in this topic? (3= very interested; 2= somewhat interested; 1= interested; 0= not interested) _____*

❖ Understanding Your Health Care Coverage

This fact sheet provides information on how to use your health care coverage to pay for health care services. It can help you to understand the difference between private and public health coverage. The main focus is on Medicaid, including its benefits and limitations. It explains words and concepts related to coverage and payment, and provides pointers on how best to navigate the health care payment system so you can get the care that you need.

- ✓ *I am interested in this topic: Yes _____ No _____*
- ✓ *On a scale of 3, with 3 being the highest, how would you rate your interest in this topic? (3= very interested; 2= somewhat interested; 1= interested; 0= not interested) _____*

❖ Managing Your Medications

This fact sheet covers many topics about using medications to increase and maintain your health. Medication management means using medications wisely so the best effect is obtained with the least harmful effects on the body. This resource explains terms such as drug side effects, interactions, drug dependence, and generic drugs, and gives many management tips.

- ✓ *I am interested in this topic: Yes _____ No _____*
- ✓ *On a scale of 3, with 3 being the highest, how would you rate your interest in this topic? (3= very interested; 2= somewhat interested; 1= interested; 0= not interested) _____*

❖ Assistive Technology (AT)

This fact sheet explains the purpose and types of assistive technology, from complex electronic devices to simple devices like canes. It focuses on how assistive technology can help, and explains ways to acquire devices to make life easier. Additionally, it provides ideas for funding of assistive technology.

- ✓ ***I am interested in this topic: Yes _____ No _____***
- ✓ ***On a scale of 3, with 3 being the highest, how would you rate your interest in this topic? (3= very interested; 2= somewhat interested; 1= interested; 0= not interested) _____***

❖ **Organizing Your Health Records**

This fact sheet explains how organizing your health records can help you to improve and maintain your health. It provides ideas on how to organize records from doctor visits, medical tests, and your health history, so that this important information can be found when you need it.

- ✓ ***I am interested in this topic: Yes _____ No _____***
- ✓ ***On a scale of 3, with 3 being the highest, how would you rate your interest in this topic? (3= very interested; 2= somewhat interested; 1= interested; 0= not interested) _____***



I would like to work most on the following topic (please choose one option based on the rating you gave for each of the topics)

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Accessing Preventive Care	
Understanding Your Health Care Coverage	
Managing Your Medications	
Assistive Technology (AT)	
Organizing Your Health Records	