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## Consumer Tip Sheet

### Five Tips for Managing Your Family's Health:

**1: Ask yourself questions:** If someone asked you for your or your child's health history today, what would you be able to provide? Are immunizations up to date and easy to find? Could you get to the information relatively easily? If you encountered a health emergency, would you have easy access to critical information needed by emergency caregivers?

**2: Get organized:** Personal health information, it seems, is never where you need it, when you need it. Free online applications such as Mayo Clinic Health Manager give you the opportunity to store and update personal family health records, and put that information to use by delivering health guidance developed with the health expertise of Mayo Clinic.

**3: Make doctor visits more efficient:** The time you spend with your doctor is valuable and limited. Take advantage of this time by arriving at your appointment prepared. Using tools like *Prepare for an Appointment*, available on Mayo Clinic Health Manager, are great ways to gather information to share and log important questions you don't want to forget. Being able to collaborate more closely with your health care provider during exams makes it easier to stay on track and keep yourself healthier between doctor's visits.

**4: Let your past guide your future:** By using Mayo Clinic Health Manager, you can more accurately track your own health and gain control of medication schedules and chronic condition symptoms when it's time to visit your doctor. And with guidance developed by Mayo Clinic health care providers, Mayo Clinic Health Manager will help you better protect and manage your family's health.

**5: Build your health assets:** Finances, credit, retirement savings, personal equity and home equity are all looked at as long-term personal management projects. Yet often people manage their own health – their most important asset – on an ad hoc basis. By

organizing records electronically with Mayo Clinic Health Manager, you can proactively address your family's health.

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