

EXERCISE C

Attending to your non-MS healthcare needs

How do you manage your general health?

1. Have you had a complete physical examination within the last eighteen months?

- Yes No

2. Have you undergone all of the medical tests and screening procedures recommended for someone in your age group (e.g., blood tests, chest x-ray, mammogram, prostate exam, colonoscopy, dental exam)?

- Yes No

Make a note here of the dates of your most recent medical tests and screening procedures:

3. Are the offices of your healthcare provider(s) sufficiently accessible for you to be able to receive complete examinations?

- Yes No

4. Is one of your physicians or other healthcare providers (e.g., primary care physician) acting as the *coordinator* for your care?
- Yes No
5. Do your healthcare providers maintain any kind of contact with one another?
- Yes No
6. Are you prepared to take responsibility for coordinating your own care if your physician(s) are not doing so?
- Yes No
7. Do you provide each of your doctors with a complete list of the medications you are taking and the treatment you are receiving from other healthcare providers?
- Yes No

After you have answered these questions, make a list of all of your healthcare needs that are unrelated to MS, and indicate how recently you have seen a doctor or other healthcare provider for each of these needs.
