



## spotlight on health care

### Five Ways To Better Manage Your Family's Health

(NAPSA)—Managing health information, making appointments, keeping track of medications and monitoring self-care recommendations are just a few of the routine tasks of today's family health manager, a role often played by mom. In addition, many already-busy moms are in charge of managing health matters for their spouse or partner, and sometimes an elderly parent or other relative.

Taking care of yourself and your family can be overwhelming at times. Mayo Clinic suggests five tips for managing your family's health:

#### 1. Ask yourself questions.

Take a few minutes to sit down and figure out the questions you'll most likely be asked in the event of an emergency. For instance, if your child's school nurse called and asked for his health history, what would you be able to provide? Or if your mother fell in the shower, would you have access to critical information needed by emergency caregivers?

**2. Get organized.** A free online tool like the Mayo Clinic Health Manager gives users the opportunity to store and update personal health records. This security-enhanced application gives you a place to store medical information and receive real-time individualized health guidance and recommendations based on the expertise of the Mayo Clinic. You can give access to family members or your doctor and use the tool no matter where you receive medical care—while being more active and engaged in your own health care.

**3. Make doctor visits more efficient.** The time you spend with your doctor is typically brief, but valuable. Before you go, write



**Families now have a free convenient place to store their health information.**

down any questions you have so you don't forget to ask them. Bring a list of any medications, vitamins and supplements you're taking.

**4. Let your past guide the future.** Use the Mayo Clinic Health Manager to track your own health and the health of your family as well as to gain control of medication schedules and chronic conditions symptoms. Sharing this information with your doctor can act as a health journal and help determine future treatment.

**5. Build your health assets.** Finances, retirement savings and home equity are all viewed as long-term personal management projects, but people don't often see their health the same way. Look at your health as a long-term investment and take steps to quickly address any issues while maintaining a healthy lifestyle.

For more information on the Mayo Clinic Health Manager and how to manage your family's health, visit [www.MayoClinic.com](http://www.MayoClinic.com).