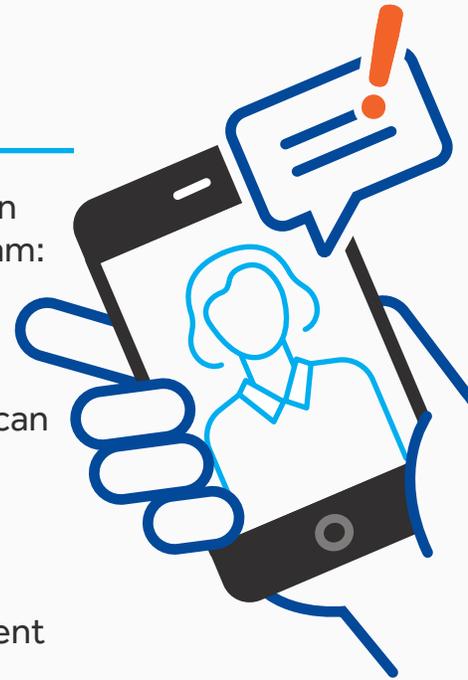


How-to Put a Health Care Team Together

Taking care of your health is easier with a team of people who can help and support you. Here are tips about who to put on your team:

1. **People you trust and who respect what *you* want.**
2. **Health professionals:** In addition to your doctors, your team can include nurses, office staff, pharmacists, among others.
3. **Care Coordinator (or Professional Caregiver/Aide):** A care coordinator can oversee your health care, help with your appointments and travel, keep you on track with your treatment plan, and more.

If you don't have someone who can do this, look for a support person from a local organization or ask your doctor or a friend for resources.



Help Your Team Help You

Be honest and share important information about your health with your team, including your medication list and personal health record. Tell them:

- What you want from them, such as help making appointments
- What you want from your health care, such as being pain-free or going up steps easily



Ask for help when you need it.

