



# Planning for success

Having a written plan in place to cope with daily life can be very helpful. It can really help if you have stress. An action plan is a list of steps you can take when you need to solve a problem. Or deal with an issue. It can list contacts you may need. It's a good idea to have an action plan. Put it where it is easy for you to find. Give it to the people who support you too. Here is information you may want in your plan.

### My primary care physician (PCP)

Your PCP directs your healthcare. Your PCP should have your complete medical history. This should include a list of medications you take. It should also list the names of other healthcare providers you see.

My PCP is \_\_\_\_\_ Phone number \_\_\_\_\_

### My health benefit plan

Your health benefit plan can tell you what is covered by your program. They can also tell you what you have to pay for.

My health plan is \_\_\_\_\_ Phone number \_\_\_\_\_

### My medical specialists

You may have specialists who treat your medical conditions. This includes cardiologists who treat heart problems. Or endocrinologists who treat diabetes. Call your specialist if you have a problem that could be related to your condition.

Name of my specialist and specialty \_\_\_\_\_

Phone number \_\_\_\_\_

Name of my specialist and specialty \_\_\_\_\_

Phone number \_\_\_\_\_

### My nearest hospital

You should have the name and phone number of the nearest hospital handy in case you need it right away.

Name of hospital \_\_\_\_\_ Phone number \_\_\_\_\_

### My friends and family

Friends and family can support you during tough times. They can help you deal with your feelings. They can help you with things such as transportation. They can assist you with daily tasks.

Name of family member or friend \_\_\_\_\_ Relationship to you \_\_\_\_\_

Phone number \_\_\_\_\_

Name of family member or friend \_\_\_\_\_ Relationship to you \_\_\_\_\_

Phone number \_\_\_\_\_

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