

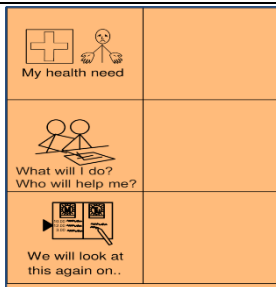
# What is a Health Action Plan?



The Doctor or Nurse will give you a Health Action Plan at the end of your Annual Health Check appointment



The Health Action Plan will be written in a way that you can understand



Your Doctor or Nurse will explain what your health needs are



The Health Action Plan will tell you what you need to do to stay healthy, like: exercising or eating healthy or making another appointment



It should tell you who is going to help you stay healthy



It should have a date when will it be looked at again