



Health Skills Checklist

<http://www.girlshealth.gov/disability/medical/skills.cfm>

Skill	I can do already	I need practice
Understand my health condition		
Understand my diagnosis and prognosis (what condition I have and what will happen)		
Ask my doctors, nurses, and therapists my own questions		
Make doctor's appointments		
Meet alone with doctors, nurses, and other caregivers		
Answer questions from doctors, nurses, and therapists		
Know my medications and what they do		
Get a prescription filled		
Keep a calendar of doctor and dentist appointments		
Know height, weight, and birth date		
Take my temperature and read the thermometer		
Know danger signs that relate to my illness or disability		
Know health emergency telephone numbers		
Know medical insurance coverage numbers		
Talk about the health tasks I can do		
Talk about dangers of drugs and alcohol with family		
Take care of own menstrual needs and keep a record of monthly periods		
Keep medical records on appointments, test results, and things the doctor tells me to do		
Get sex education, birth control, and family planning information as needed		