

# MANAGING CHRONIC ILLNESS

## *Stay Proactive, Live Well With Your Condition*

	YES	NO
1 Do you have a clear understanding of your chronic illness and its symptoms?	<input type="checkbox"/>	<input type="checkbox"/>
2 Are you following a treatment plan prescribed by a healthcare professional?	<input type="checkbox"/>	<input type="checkbox"/>
3 Do you regularly monitor your symptoms and track any changes?	<input type="checkbox"/>	<input type="checkbox"/>
4 Have you established a support network of family, friends, or support groups?	<input type="checkbox"/>	<input type="checkbox"/>
5 Do you take your medication as prescribed without missing doses?	<input type="checkbox"/>	<input type="checkbox"/>
6 Have you modified your diet and lifestyle to better manage your condition?	<input type="checkbox"/>	<input type="checkbox"/>
7 Do you have regular appointments with your healthcare provider to review your condition?	<input type="checkbox"/>	<input type="checkbox"/>
8 Are you aware of and prepared to manage potential complications of your illness?	<input type="checkbox"/>	<input type="checkbox"/>
9 Have you set up reminders or systems to help you stay on track with your health regimen?	<input type="checkbox"/>	<input type="checkbox"/>
10 Do you feel equipped to handle the mental and emotional challenges of living with a chronic illness?	<input type="checkbox"/>	<input type="checkbox"/>

## QUESTIONS? CONTACT YOUR FINANCIAL ADVISOR



THE CENTER FOR  
RETIREMENT READINESS

### What Your Answers Might Mean:



**7–10 Yes Answers:** Effective Management Strategy. You are effectively managing your chronic illness, demonstrating strong commitment to maintaining your health and quality of life.



**4–6 Yes Answers:** Progressing, But Room For Improvement. You're taking steps to manage your illness, but further adjustments could enhance your health and daily functioning.



**0–3 Yes Answers:** Immediate Enhancement Needed. It's crucial to address gaps in your illness management to avoid complications and improve your wellbeing.