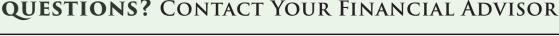
MANAGING CHRONIC ILLNESS

Stay Proactive, Live Well With Your Condition

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





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.