

Healthcare Preparedness Checklist

Before a Health Crisis, Make Sure You Can Say “Yes” to These Questions

My Information

- ☐ I have an up-to-date medication list.
 - ☐ I have a list of my doctors and specialists.
 - ☐ My emergency contacts are current.
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My Documents

- ☐ I have a Health Care Proxy, MOLST.
 - ☐ Someone I trust knows where my important documents are.
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My Home

- ☐ My home is set up to reduce fall risks.
 - ☐ I know who I would call if I needed help at home.
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My Family

- ☐ My family knows my healthcare wishes.
 - ☐ Someone could step in if I became unexpectedly ill.
-

My Healthcare

- ☐ I know who my primary care provider is.
 - ☐ I know who coordinates my care after a hospitalization.
 - ☐ I know what questions to ask before leaving the hospital.
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Ask Yourself...

If I were hospitalized tomorrow...

- Would someone know what medications I take?
- Would someone know who my doctors are?
- Would someone know where my important documents are?
- Would someone know what I would want?
- Would I know who to call?



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