

What is a Health Action Plan?

HAP Health Action Plan	The doctor or nurse will give you a Health Action Plan at the end of your Annual Health Check appointment
easy read	The Health Action Plan will be written in a way that you can understand
My health need What will I do? Who will help me? We will look at this again on	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