







What is a Health Action Plan?

	<p>The doctor or nurse will give you a Health Action Plan at the end of your Annual Health Check appointment</p>
	<p>The Health Action Plan will be written in a way that you can understand</p>
	<p>Your doctor or nurse will explain what your health needs are</p>
	<p>The Health Action Plan will tell you what you need to do to stay healthy, like: exercising or eating healthy or making another appointment</p>
	<p>It should tell you who is going to help you stay healthy</p>
	<p>It should have a date when will it be looked at again</p>