



## Looking after your health

It is important to look after your health.

As you get older, you can learn more about your health condition.

**Here are some things you can do to look after your health:**



**Learn what to do when you become unwell.**



**Ask questions about your health during medical appointments.**



**Attend part of your medical appointment alone.**  
(For example, the first 5 minutes)



**Learn about your medicines.**  
(For example, their names, what they are for, how much to take, and when to take them)



**Carry important health information with you every day.**  
(For example, your Medicare card, Health Care Card, emergency contact information, list of allergies, and list of medicines)

It is OK to get help to do these things.

You can ask your healthcare team or family/carers about other things you can do to manage your health.

