

McLaren Print System Order

Order No: 41937 Reprint Previous Order No: 41799
Order Date: 2019-01-15
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Forms

Quantity: 100
Paragon Dept No: 75310
Dept Name: Medical Arts-Internal Medicine-Dr. Shankariah
Company Number: 810

Order Total Price: 17.90

Item Number: MM-34529-E
Item Description: Coronary Artery Disease (CAD) SELF MANAGEMENT GOAL CONTRACT
Revision Date: 1/2019
Print: 1 sided full color
Paper: 32# Color Copy Text
Size: 8.5 x 11
Fold:
Finish: None
Drill: None
Misc Info:

McLaren Medical Group
CORONARY ARTERY DISEASE SELF MANAGEMENT GOAL CONTRACT

Patient Name: _____
 D.O.B. _____
 Date: ____/____/____

To achieve good control of your Coronary Artery Disease (CAD) it is important to have practical goals for yourself. Set one goal now and after you have achieved it, move on to another.

One way I want to improve my health is (e.g., be more active): _____

My selected goal (e.g., walk 4 times): _____

When I will do it (e.g., mornings before breakfast): _____

Where I will do it (e.g., at the park): _____

How often I will do it (e.g., Monday thru Thursday): _____

What might get in the way of my plan (e.g., I have to take the children to school one day): _____

What I can do about it (e.g., I'll choose days when I don't take them to school): _____

How confident am I that I can reach this goal: circle one

0	1	2	3	4	5	6	7	8	9	10
Not at all		A little		Somewhat confident				Very sure		Totally confident

Follow-up plan (how and when): _____

FOR OFFICE USE ONLY:
 Date Reviewed: _____ Patient met goal Patient continues to work on goal
 Patient encountered barriers. Problem solving with patient conducted. Revised goal: _____