

# My Winter Health Plan

If you need help or advice go online: [www.111.wales.nhs.uk](http://www.111.wales.nhs.uk)

My name is: .....

My main health conditions are:	I am taking medication for this: (y/n)	I also do the following to support this health condition:

I am currently supported by (e.g. respiratory team / specialist nurse). Contact:



What keeps me from feeling lonely:

At home, find my notes and prescriptions here (e.g. on the kitchen table or in my bedroom):

Who to contact in an emergency (e.g. a family member, friend or neighbour). Contact:



My usual pharmacist is (contact):



My GP is (contact):



The following person(s) or pets are reliant on me if I am not available:

This plan was developed as part of the Six Goals for Urgent and Emergency Care.