

My MAWDS Action Plan

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| <p>Signs I'm doing well:</p> |  <p><i>maintain therapy</i></p> <p>Keep up the good work! Follow MAWDS every day!</p> |  <p>MEDICATIONS</p> <hr/> <hr/> <hr/>  <p>ACTIVITY</p> <hr/> <hr/> <hr/> |
| <p>Symptoms to watch for — and call my healthcare provider:</p> <p>Who to call if I have questions or concerns:</p> <hr/> |  <p><i>step up therapy</i></p> <p>Call your healthcare provider to find out how to prevent symptoms from becoming severe.</p> |  <p>WEIGHT</p> <hr/> <hr/> <hr/>  <p>DIET</p> <hr/> <hr/> <hr/> |
| <p>Signs I need to get help IMMEDIATELY:</p> |  <p><i>get help now</i></p> <p>Call your healthcare provider or go directly to the emergency room. DO NOT try to treat this yourself.</p> |  <p>SYMPTOMS</p> <hr/> <hr/> <hr/> |

Follow-up appointment

Date and time:

Place:

Referrals: