

The Game of HEALTH

START

Step 3: Your Family History

Resources: Genetics Home Reference website

Step 2: Getting the Most Out of Your Doctor Visit

Resources: MedlinePlus.gov

Step 1: Learning About Your Health

Resources: MedlinePlus.gov

Step 4: Know Your Medications

Resources: Drug Information Portal website or Pillbox

Step 5: Taking Action

0 to 499 Points
Healthy Sidekick!

500+ Points
Healthy Hero!



Use the Genetics home reference website to look up how genetic testing is done
collect 50 points

Start your genetic family tree
collect 50 points

Rely on Wikipedia to interpret your genetic testing results
lose 50 points

Look at death certificates and family medical records, if possible
collect 50 points

Talk with your family about their medical history
collect 50 points

Leave the doctor office without information about your visit
lose 50 points

Tell a friend about MedlinePlus
collect 50 points

Write down your family medical history and share it with your doctor
collect 50 points

Use the Drug Information Portal to learn more about your medication
collect 50 points

Share your medication with another individual
lose 50 points

Ask the pharmacist to explain to you how to properly take your medication and the side effects
collect 50 points

Find the generic name of drug medication using the Drug Information Portal
collect 50 points

Start a personal health journal to keep track of your overall health
collect 50 points

Don't ask your doctor any questions during your appointment
lose 50 points

Write down a list of questions and concerns before your appointment
collect 50 points

Learn how to access your medical records
collect 50 points

Go to the public library to learn about health resources and programs
collect 100 points

Use MedlinePlus Health Check Tool to assess your health
collect 50 points

Clicking on a Web ad
lose 50 points and miss a turn

Talk openly with your medical provider
collect 50 points

Discuss your health concerns with your doctor
collect 50 points

Make a list of any allergies and all the medicine, herbs, or vitamins you take before your doctor appointment
collect 50 points

Able to describe your symptoms and when they started
collect 50 points

Bring notepad to the doctor office to take notes during your appointment
collect 50 points

Google your health symptoms
lose 50 points

Use MedlinePlus to learn about your health
collect 100 points

BONUS: Share what you learned today
collect 100 points

BONUS: Attend health programming classes at your public library
collect 100 points

Step 5: Taking Action