

# Chronic Condition Self-Management Checklist

Practical tips you can use today. Share this with your family and bring questions to your visit.

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| Telehealth-friendly | Easy to print | Educational only |
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## What to track at home

Tracking helps you and your provider spot patterns early. Keep it simple and consistent.

- **Blood pressure:** 3-5 readings per week (same time of day if possible).
- **Weight:** 1-3 times per week (daily can be stressful for some).
- **Blood sugar (if applicable):** follow your plan; note food/activity.
- **Symptoms:** sleep, swelling, headaches, dizziness, shortness of breath.

## Medication routine that works

- Use a weekly pill organizer and refill it the same day each week.
- Set two alarms (one for start, one 15 minutes later as backup).
- Keep a photo of your medication list on your phone.

## Red flags: call the clinic

- BP consistently above your target range or sudden spikes.
- New swelling in legs/feet, weight gain of 2-3 lbs overnight (heart failure risk).
- Blood sugar patterns that are consistently high/low.
- Side effects that make you want to stop a medication.

### Red flags: urgent / emergency

- Chest pain or pressure, especially with sweating/nausea.
- Trouble breathing, confusion, fainting, or stroke-like symptoms (face droop, weakness, speech trouble).
- Severe allergic reaction (swelling of lips/tongue, wheezing).

### Telehealth appointment checklist

- Write down your top 3 concerns (keep it short and specific).
- Have your medication bottles nearby.
- If you track vitals, have the most recent numbers ready.
- Pick a quiet spot with good lighting and stable internet.

**Disclaimer:** This guide is educational and does not replace personalized medical advice. If you have chest pain, trouble breathing, severe symptoms, or feel unsafe, call 911 or go to the nearest emergency room.