Be Prepared To Talk To Your Healthcare Team About the 4Ms

In a few words, write what matters most to you:

In your life as you are getting older

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

With your healthcare

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

With your medicines

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

With your mobility

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

With your mind

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

This project is supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS). The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by HRSA, HHS, or the U.S. Government. For more information, please visit HRSA.gov.