

# My Winter Health Plan

If you need help or advice go online: [nhsdirect.wales.nhs.uk](https://nhs.uk) or ring 0845 46 47.  
Ring 111 if available in your area.

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:



.....

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:

.....