



ACTION CARDS



PrimeWest
HEALTH™



ACTION CARDS

No English? 1-866-431-0801 TTY 711

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EDUCATION & EMPLOYMENT

Get a job and/or
go back to work or school



EDUCATION & EMPLOYMENT

Have spending money

Continue my education

Find a job I like



MEDICATION & EQUIPMENT SUPPORT

Have the medical equipment
and medication I need



MEDICATION & EQUIPMENT SUPPORT

Find medications that work for me

Get medical equipment that will help me be healthier (for example, a walker or sleep apnea machine)



LEGAL ASSISTANCE

Get help with legal issues



LEGAL ASSISTANCE

Avoid legal issues

Get help with a legal issue

Get a lawyer



MENTAL HEALTH SUPPORT

Talk to someone about
my mental health



MENTAL HEALTH SUPPORT

Feel better about myself

Have more energy and motivation

Have fun and not worry all the time



TRANSPORTATION SUPPORT

Have transportation



TRANSPORTATION SUPPORT

Find ways to get to and from
medical appointments

Not have to rely on others
to go places



HOUSING SUPPORT

Have a better living situation



HOUSING SUPPORT

Have a safer place to live

Make improvements to where I live

Find housing I qualify for



PROVIDER RELATIONSHIP

Have a better relationship
with my providers



PROVIDER RELATIONSHIP

Feel at ease in my health care
provider's office

Feel comfortable telling my
provider when I don't understand
something they say



HEALTH MANAGEMENT

Learn more about _____
(blood pressure, diabetes,
staying healthy, etc.)



HEALTH MANAGEMENT

Better control my pain

Learn more about living with my
illness on a day-to-day basis

Be more physically fit



**UNDERSTAND MY
HEALTH PLAN**



UNDERSTAND MY HEALTH PLAN

Find out what my plan pays for

Find out how I get services



ADVOCACY & ACTIVISM

Help people in my community



ADVOCACY & ACTIVISM

Get involved with or organize a
local interest group

Let people know about issues
happening in the community

Use my story to raise awareness



ID SUPPORT

Get identification



ID SUPPORT

Get a photo ID

Get a driver's license

Get a Social Security card

Get a birth certificate

Get proof of income



FAMILY, PERSONAL, & PEER SUPPORT

Have support from others



FAMILY, PERSONAL, & PEER SUPPORT

Socialize with friends and family

Find a good friend

Feel like my life matters to
someone else



ADDICTION, ASSESSMENT, & CONNECTION

Talk to someone about
my drug or alcohol use



ADDICTION, ASSESSMENT, & CONNECTION

Learn more about how drugs and alcohol affect my health

Find someone I can talk to about my alcohol or drug use



FOOD & NUTRITION

Focus on what and how I eat



FOOD & NUTRITION

Get access to healthy food

Eat better

Learn how to cook healthy food



WILD CARD



WILD CARD

Help with something else
