

My Community Health Action Plan: A Simple Checklist

Use this guide to find and utilize the free and low-cost health resources in your neighborhood.

Part 1: Find Your Local Resources

- **Identify Your Local Hospitals:** List the main hospitals and health systems in your area.
 - Hospital 1: _____
 - Hospital 2: _____
 - Hospital 3: _____
- **Check Their Websites:** Visit each hospital's website. Look for menu links with these keywords:
 - "Community Health"
 - "Classes & Events"
 - "Community Benefit"
 - "Health & Wellness"
 - "Outreach"
- **Search for Key Services:** Use the website's search bar.
 - Searched for "free health screenings"
 - Searched for "mobile clinic schedule"
 - Searched for "health education classes"
 - Searched for "immunization clinic"
- **Follow on Social Media:** Find and follow your local hospitals on Facebook or Twitter (X) for real-time updates.
 - Followed Hospital 1
 - Followed Hospital 2
- **Check Community Partners:**
 - Visited my local public library website (or bulletin board).
 - Visited my local YMCA / Community Center website.
 - Visited my City/County Public Health Department website.

Part 2: Plan Your Health Actions

- **My Health Priorities:** What am I most interested in? (Circle 2-3)
 - Blood Pressure / Cholesterol
 - Diabetes / Blood Sugar
 - Cancer Screening (Skin, Breast, etc.)
 - Nutrition / Weight Loss
 - Stress Management / Mental Health
 - Quitting Smoking
 - Flu Shot / Vaccinations
 - Parenting / Child Safety
 - Other: _____
- **Find One Event:** Based on your priorities, find one upcoming class or screening.

- Event Name: _____
- Date & Time: _____
- Location: _____
- Do I need to register? Yes No
- **Make the Call:** If you can't find information online...
 - Call the hospital's main line and ask for "Community Outreach" or "Community Relations."
 - Ask my primary care doctor or nurse at my next visit.

Part 3: Share the Knowledge

- **Tell Someone:** Health is better together.
 - Tell a family member about a screening.
 - Tell a friend or neighbor about a free class.
 - Share a helpful post from a hospital's social media page.