

# My Winter Health Plan



If you need help or advice go online: [nhsdirect.wales.nhs.uk](https://nhsdirect.wales.nhs.uk) or ring 0845 46 47.  
If you live in Swansea, Neath Port Talbot, Bridgend or Carmarthenshire ring 111.

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 .....

Contact .....

My usual Chemist is



Contact .....

My GP is



Contact .....

The following person(s) or pets are reliant on me if I am not available

This plan was developed by the National Programme for Unscheduled Care