



Improving lives THROUGH
supports and services
THAT FOSTER self-determination.

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My Health Passport: Preparing for Needed Supports

If you found yourself in an emergency or a critical situation, would be you prepared? If you are a caregiver, would someone else know how to support the person you care for in your absence? Is there a written plan in place that describes the supports you or your loved one would need? Health Risk Screening, Inc. (HRS) offers a simple screening tool called "My Health Passport" that can be used as a guide to help people begin preparing for an emergency or a critical situation.

Click [here](#) to view the HRST My Health Passport tool and begin thinking about what information you might need to gather and have prepared. The Division has also placed the document on the COVID-19 webpage under "Individuals and Families."

www.dmh.mo.gov/dd
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MISSOURI DEPARTMENT OF MENTAL HEALTH