

Health Management Plan for Liver Disease

You and your doctor are a team, working together to manage your health for the months or years ahead. This Health Management Plan for Alphas with Liver Disease will help. We recommend that you review your plan together every year.

Using Your Health Management Plan

The column on the right, “My Personal Guide to Alpha-1 Liver Disease” helps you navigate life with [Alpha-1 liver disease](#). Use it to record:

- Essential information
- Things you want to talk to your doctor or nurse about
- Pre- and post-test instructions
- Lifestyle decisions
- Issues, concerns, and questions

The column on the left is a guide for your doctor or nurse to follow. As we recommended, plan to meet at least once a year to review this information. You can also share your guide with other health care providers. And if you’d like, tuck a list of your medicines into it, so you’ll have the information close at hand if you need it.

How to get your Health Management Plan

Just [download a pdf](#) and print your plan. If your doctor or nurse wants their own copy, you can email the pdf to them. Or, you can send them here to download their own copy.

[Health Management Plan for Alphas with Liver Disease](#)

More about common liver diseases

Have you seen the Big Fat Reference Guide? We have more information if you’d like to learn more about [common liver diseases for Alphas](#).

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For more in-depth information on this topic, please visit the [Big Fat Reference Guide \(BFRG\)](#). If you are enrolled in AlphaNet's Subscriber Portal, you can access the BFRG [here](#).