

My health information.

Keeping all of your important medical information together in one spot can make it easier for you to manage your health. Completing the information below can help you organize your important health information.

My health history

Pre-existing conditions: _____

My medications

It's important to keep this information current.

Medication name	How much	When
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

My care team

Doctor: _____

Phone: _____

Date of last visit: _____

Dentist: _____

Phone: _____

Optometrist: _____

Phone: _____

Other: _____

Phone: _____



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