

Health Record Table of Contents

Emergency Information (Who should be notified in an emergency? Include their names, addresses, and how they can be reached. Post the emergency contact *Refrigerator Card* on your refrigerator.)

Health Log (Record health activities & contacts with providers. This can be especially helpful for caregivers who are working with multiple health care providers.)

Health Satisfaction Survey (What areas of health are you satisfied with? What areas could use improvement?)

Health Goals (It's nice to know where you are heading!)

Names of family and friends (Include a listing of household members. Our social support system is essential for our health and well-being.)

Health Care Providers (Include name, address, and phone number for the following: physicians, pharmacists, dentists, chiropractors, osteopaths, nurses, physical therapists, occupational therapists, speech therapists, healers, religious/spiritual leaders, herb experts, homeopaths, counselors, social workers, psychologists, psychiatrists, ophthalmologists, optometrists, reflexologists, exercise specialists, athletic trainers, hearing specialists, acupuncturists, massage experts, dieticians, hospitals, clinics, health maintenance organizations, government agencies, clinics, and others.)

Nutritional Matters (Include a diet history and any special dietary needs or plan.)

Physical Activity (Describe your plan for keeping physically active.)

Immunizations (Include providers, names of immunization, and date of administration.)

Medications (Include any prescription medication, over the counter preparations, vitamins, and herbs, with their names, dosages, the reason you take them, and their effectiveness.)

Screenings & Tests (Include the test, date, result, and the provider. You may include the following: blood pressure, pulse, weight, cholesterol, breast, cervical, or prostate screening, colorectal screening, bone density test results.)

Health History (You may include information about allergies, operations, X-rays, dental visits, eye exams, health and medical exams, and family health history.)

Health Insurance Information

Advance Health Care Planning (Include a copy of a completed health care proxy and organ donation information.)