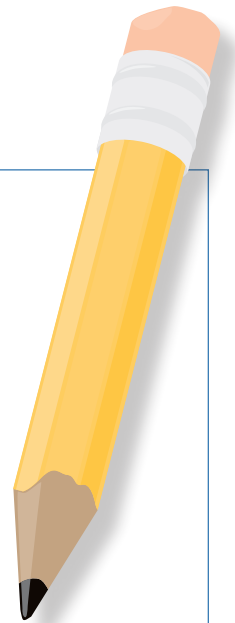


Record Your Doctor Visit

If your head spins every time you leave the doctor's office—you can't remember what was said or you leave with a bunch of notes that you could easily misplace—here's a solution: Grab a pen, tear out or download this page and bring it along to your next doctor visit. Then take notes in the space provided below. If you need more

space in any of the sections, feel free to add another page.

After your visit, tack this page to your refrigerator or bulletin board, or place it in a clearly marked folder. Follow-up care is easy to remember when you have the information you need at your fingertips.



VISIT RESULTS

Use this section to keep track of new diagnoses or the status of existing conditions.

DOCTOR'S ADVICE

Include recommendations for exercise, diet, physical therapy and so on.

MEDICATION ALERT

Note any changes in medications, including new prescriptions and what they treat, dosages and times per day that medication is required.

REFERRAL REMINDER

If your doctor advises you to see any kind of specialist—from a cardiologist to a nutritionist—record it here. Jot down the specialist's:

Name: _____ Phone: _____

Email: _____

Address: _____

Reason for referral: _____

NEXT APPOINTMENT

Clearly record the date and time of your next doctor visit—even if you make routine visits that you think you won't forget.

Date: _____ Time: _____