

HEALTH AND MEDICATION MANAGEMENT

"Every patient carries her or his own doctor inside."
– Albert Schweitzer

Health and medication management is yet another way of maintaining health and wellness and can be just as important as regular exercise and drinking enough water! The following pages are designed to help you keep track of medications, doctor visits and any recent changes to your health. Useful ways to utilize this information may include, but are not limited to the following:

- **Take this with you to each doctor's appointments** and write down any important information while you are in the office.
- **Make copies and give to a friend, family members or your health provider** in case it is needed in an emergency situation, or if you have multiple health providers.
- **Show it to care providers if they assist you** in remembering to take medications or prepare meals for you.

Information about myself

NAME

ADDRESS

HOME PHONE

EMERGENCY PHONE

EMERGENCY CONTACT/ RELATIONSHIP

INSURANCE CARRIER

INSURANCE /MEDICARE/MEDICAL NUMBER

Health Care Providers

PRIMARY PHYSICIAN

OTHER

OTHER

OTHER

PHARMACIES

My medical history

I recently had or have the following conditions:

BLOOD TYPE

SEIZURES

HIGH BLOOD PRESSURE

DIABETES

DIALYSIS

HEART CONDITION

RESPIRATORY CONDITIONS

DEPRESSION

ARTHRITIS

GLASSES/CONTACT LENSES

GLAUCOMA

HEARING AID

PACEMAKER

DENTURES

CANCER

CHRONIC PAIN

RECENT SURGERIES

ULCER

OTHER

Food/Medication Allergies

NAME

WHAT HAPPENED

NAME

WHAT HAPPENED

Tips for an effective doctor visit & wise medication management

A positive and effective doctor visit starts the moment you pick up the phone to schedule an appointment. The following are things to consider and keep in mind before, during and after your visit.

Before the Visit

1. Educate yourself on topics of concern. The local library, internet, consumer organizations or discussions with family and/or friends are good places to start.
2. Allow yourself plenty of time for the visit to avoid having to rush through it and to allow time for further testing, if needed.
3. Arrange transportation, if needed, at the time you make your appointment. Do you need to call family, friend, Dial A Ride, other?
4. Write down and bring with you any questions you have for your doctor such as areas of concern or any recent changes to your health.
5. Ask a friend or family member to accompany you, if desired. Tell them your intent and/or concerns prior to the visit.

During the Visit

1. Remember your list of questions and concerns and try to prioritize them.
2. Offer information, or reason for the visit, before being asked. Be as clear and concise as possible, including symptoms of concern.
3. Take notes (or have a family member/ friend) on what your doctor is telling you. Don't be afraid to ask her/him to slow down or repeat information.
4. Ask about medications prescribed and over the counter supplements: possible side effects, reactions to other medications. Make sure you understand what you are taking and why.
5. Are you seeing another doctor and getting prescriptions from them? Who is responsible for communicating information between providers?

After the Visit

1. Contact your doctor office with any further questions or concerns.
2. Ask your pharmacist questions about medications prescribed, side-effects, generic options, or things to avoid while taking certain medications (sun, alcohol, certain foods, etc.)
3. Follow the goals or recommendations set up by you and your doctor.
4. Call for lab results, as needed.
5. As needed, seek further information and/ or support from friends and family, local support groups or health education resources in your community.

Other Considerations

1. Double check the prescription in the bottle before leaving the pharmacy.
2. Remember to fill your prescriptions before they run out.
3. Ask your doctor to review your medications at least once a year.

****Remember to get your flu vaccines, pneumonia and tetanus updates***

