

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. Organize key points of information on our handy doctor visit record. Just grab a pen, tear out this page and bring it along to your next doctor visit. (Don't forget to make copies or go to www.healthmonitor.com to download copies for future visits.) If you need more space in any of the sections below, feel free to add another page.

After your visit, tack this page to your refrigerator or bulletin board. You can also store it in a clearly marked, accessible 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. Do you need to lower your cholesterol, blood pressure or blood sugar levels? Note it here.

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: _____