

# Keeping track of your health record

This can be used as a template for before, during and after your appointments with your healthcare team. This can be used for yourself or by an advocate.

## Medical History

Family history
Mother's side:
Father's side:
Diagnosis:
<i>*look at Electronic medial records</i>

## Before Your Appointment

Appointment date and time:
Reason for visit
Current symptoms
Questions or concerns to ask
Reminders <i>*list from workbook?</i> <i>*bring your medication sheet</i>

## During Your Appointment

Weight:	lbs/kg (circle)	Up or down since last visit? <input type="checkbox"/> UP <input type="checkbox"/> DOWN
Blood pressure:	/	
Prescriptions:		
Follow up? <input type="checkbox"/> Yes <input type="checkbox"/> no		When?
Referrals? <input type="checkbox"/> Yes <input type="checkbox"/> no		Who?
When should I expect to hear from them?		Date:
Notes:		

## After Your Appointment
