

## WELCOME

to a fresh approach to your personal healthcare

Trying to remember details about your health can sometimes seem overwhelming. Keeping your information in one place gives you a quick and easy reference guide when you need it.

Using this journal to record all your health and medical information may take some practice – so don't get discouraged. Once you get into the habit of using it, you'll wonder how you ever managed without it.

**USE** this book regularly. It will help you stay on track.

**SHARE** it with your family members, doctors, pharmacist and others directly involved with your care.

**TAKE** it with you to all your healthcare visits and when you travel.

## WHAT'S INSIDE

- Quick reference guide
- How to use your healthcare journal
- Allergies, medications, vaccinations and vitamins
- Personal medical information
- Visits with your healthcare professionals
- Resources
- Sticker tabs at the back for easy reference
- Pocket at the back to collect notes and handouts

