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Information about you		Comments About My Health
Your name:		Surgeries:
Address:		
Birth Date: Blood Type:	Weight: Height:	
name	phone	
Pharmacy:		
Primary care doctor:		
Other physicians:		
(specialists)		
Emergency Contact:		
Medical Conditions		Vaccinations
☐ asthma ☐ heart disease ☐ diabetes	☐ high blood pressure	Influenza: Pneumococcal:
		MMR:
☐ cancer ☐ kidney disease ☐ other		Tetanus/Diphtheria:
Over-the-Counter Medications	Allergies or Sensitivities	
<ul><li>(Remember to write on other side.)</li><li>☐ Allergy relief, antihistamines</li><li>☐ Antacids</li></ul>	Medication, Food, Environmental	Allergy, Side Effects, Reaction or Intolerance Experiences (symptoms, severity, dates)
<ul><li>Aspirin/other pain, headache, or fever</li><li>Arthritis medications</li><li>Cold/cough medications</li></ul>		
☐ Diet pills		
<ul><li>☐ Herbals, dietary supplements</li><li>☐ Laxatives</li><li>☐ Others (list below):</li></ul>		
☐ Sleeping pills ☐ Vitamins, minerals		

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Date	Name of Medicine Brand name Generic name	Prescribed By	Dose (mg, units, puffs, drops)	When Do You Take It? How many times per day?	Purpose Why do you take it?	Important Comments (e.g. danger signs, side effects, drug-	Stop Date	Monitoring Required (e.g. lab test every	Notes Date Reviewed; Date Updated
	too if available			Morning and night? After meals? With meals?		drug, food-drug interactions, stopped taking*)		weeks)	
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<sup>\*</sup>Always refer to physician and pharmacist input and the detailed drug sheets provided with each medication for a complete list of potential side effects/danger signs/interactions.