

Stay On-Track With Your Healthcare

Keeping a record of your healthcare, including what tests you have taken and immunizations you have received, is a very important step in improving healthcare contacts. It's easy to forget when your next checkup is due, or what the results of your last test results were. You may have several doctors that you consult, and taking your personal healthcare record with you on all doctors' visits, ensures that you can communicate capably with your doctors and keep track of how you are progressing with healthcare goals. A healthcare record helps make sure that you receive the best care when you see a new doctor, and helps if you are traveling and need to see a doctor.

The Agency for Healthcare Research and Quality (AHRQ) suggests creating a record that includes basic information about you, such as: name, address, telephone number, emergency contact, allergies, medication you are taking, past illnesses or operations, doctors' phone numbers, and health insurance company and telephone number.

You should also include a record of check-ups and tests, with dates when you received the tests and results. Here is an example of a simple record that will help you keep track of your healthcare history:

Health Record

Checkup/Test	Date/Results	Date/Results	Date/Results	Date/Results	Date/Results
Blood Pressure					
Blood sugar					
Bone density					
Cholesterol					
Hearing					
Dental					
Tuberculosis					
Vision					
Weight					
Other tests					
Immunizations					