Personal Health Care Journal

U.S. Administration on Aging

Take an active role in your own health care!

Directions for using your personal journal...

- Take this journal to all your appointments.

- Ask yourself these questions before your health care appointment:
  - Is this appointment going to be covered by Medicare or my other insurance?
  - What are my symptoms? When did they start? What makes them better or worse?
  - What over-the-counter or prescription medications am I taking?

- Write down the answer to these questions, as well as what happens during your visit, in this journal.
  - Make sure that you understand what your physician is telling you before leaving your appointment. If you don't, ask them to try to explain what they are telling you in a different way.

- Take this journal with you when you travel, in case of emergency.

- Use this journal when checking your Medicare and health care paperwork for accuracy.

Date		Physician/Care Provider

Question/Symptoms/Problems	Answers/Explanations

Services received (check-up, physical therapy, etc.)

Care Plan/Special Instructions from Doctor

Personal Health Data

Weight:		Cholesterol:	
Blood Pressure:		Blood Sugar:	