

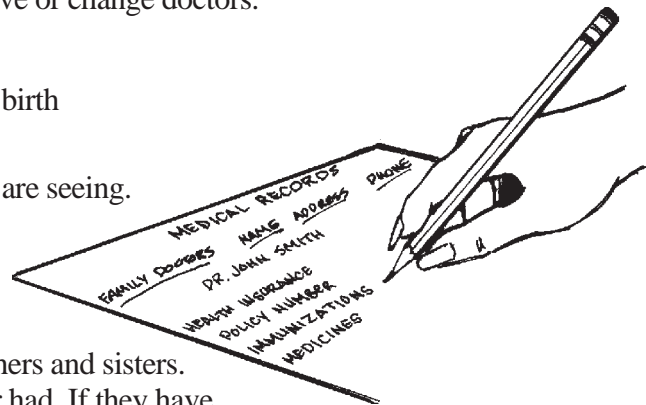


Keeping Your Own Medical Records

Medical records can get lost easily. It is important to keep your own medical records. This information will help you if you move or change doctors.

Here are some suggestions:

- ✍ In a notebook, list the names and dates of birth of your family members.
- ✍ Write down the names of the doctors you are seeing. List their addresses and phone numbers.
- ✍ List the names and policy numbers of your health insurance.
- ✍ Then list your parents, grandparents, brothers and sisters. Indicate any serious illnesses they have or had. If they have died, list their age and the cause and date of death.



Women need to keep records of their pregnancies. This should include: date of child's birth, his name, weight and size. List any problems, the doctor's name and the child's place of birth.

- Record the weight of each family member once a year.
- List any major illnesses, operations, tests taken and their results.
- For each child, list childhood illnesses and when they were ill. Keep an updated record of all their immunizations.
- List any medicines taken and keep information on eyeglasses and dental visits.

It's Your Health. Who better to keep the medical records than you!