



Make a Medical History Card

Take some time to write down your medical history. That means information like what medication you're taking, and your allergies—both now and in the past. Having this information with you will help better manage your health when you're meeting with health professionals. **It also helpful in case of an emergency when you may not be able to talk.**

Name: _____ Birthdate: _____
Month / Day / Year

Medical Conditions:

Allergies & Reactions:

Medications:

Vitamins:

Health Card Number: _____

Blood Type: _____ Weight: _____ Height: _____

I wear glasses: Yes No I wear contact lenses: Yes No

Family Doctor
Name: _____ Telephone: _____

Emergency Contact
Name: _____ Telephone: _____
Relationship to you: _____

Things to Bring to Your Doctor's Appointment

- 1. Medical History Card and Prescription Drugs:**
Be sure to keep your card up-to-date. Bring your prescriptions in a zipper bag.
- 2. List of your Symptoms and Questions:**
Keep track and write down your symptoms. Make a list of questions you want to ask and don't leave without asking them.
- 3. Notebook and Pen:**
Take notes when talking to your doctor. It's okay to ask for something to be explained a different way if you don't understand.
- 4. Friend or Family Member:**
Bring someone you trust to help take notes, remind you to ask questions you may forget and to provide moral support.
- 5. Your Smartphone or Calendar:**
Bring your calendar so you can book any follow-up visits or tests after your appointment.



Looking for a way to add this information to your phone? There are many medical information phone apps that are free, and are made for keeping track of your medical information. The apps also let health care providers see this information easily in case of emergency.