

Personal Health Record

(for your wallet)

Name _____

Date of birth _____

Doctor _____

Doctor's phone _____

Emergency Contact

Name _____

Phone _____

My Health Conditions Include:

- Arthritis
- Diabetes
- Cancer
- Stroke
- Seizures
- Lung problems
- Heart problems
- High blood pressure
- Kidney problems
- Liver problems
- Joint replacement
- Contact lenses
- Dentures/partials
- Lens implant
- Pacemaker
- Defibrillator
- Hearing aid
- Other _____

Advance Directives I have completed:

- Living Will
- Durable Power of Attorney for Healthcare
- Neither

*Endorsed by UnityPoint Health –
St. Luke's Hospital and the Linn
County Pharmacy Association*



UnityPoint Clinic | UnityPoint at Home | UnityPoint Hospice

Medication Matters!

Update this card and keep it with you at all times. Remember to ask your doctor or pharmacist:

1. What is the name of the drug and what is it supposed to do?
2. How and when do I take it – and for how long?
3. What food, drinks, other medicines or activities should I avoid while taking this drug?
4. Are there any side effects? What do I do if they occur?
5. Is there written information available about the drug?

Past Surgeries

Year

Past Surgeries	Year

Allergies (medicines, foods, latex, other)

Reaction

Allergies (medicines, foods, latex, other)	Reaction

Medical Insurance and Pharmacy Information

Primary medical insurance name _____

Number _____

Secondary name/number _____

Primary pharmacy _____

Pharmacy phone _____

Immunization dates

Flu _____

Tetanus _____

Pneumonia _____

Personal Medical Record for: _____ **Phone:** _____

- List all medications you are taking, including over-the-counter drugs, supplements, herbal products, eye drops, inhalers, oxygen, etc.
- Do not list meds you will be on for less than two weeks (e.g. antibiotics)
- Use a pencil so changes can be made.

Height: _____ **Weight:** _____

Date added/changed	Medication Name	Strength/Dosage	How often?	Why do you take it?	Prescribing doctor

Tips for your medication safety:

- ✓ Use only one pharmacy whenever possible
- ✓ Always present this card at your doctor's office to be reviewed and updated.
- ✓ Always have your pharmacist review this card when a new prescription is added.
- ✓ Always carry this card with you.
- ✓ **Always keep this card current!**