



Information About You

Name _____
Address _____
Birth Date _____ Blood Type _____ Weight _____ Height _____
Pharmacy _____ Phone _____
Primary Care Physician _____ Phone _____
Other Physicians _____ Phone _____
or Specialists _____ Phone _____
Emergency Contact _____ Phone _____

Medical Conditions

Asthma Heart Disease Diabetes High Blood Pressure
 Cancer Kidney Disease Other _____

Important Health Care Documents

	<u>Location of Document</u>
<input type="checkbox"/> Health Care Proxy	_____
<input type="checkbox"/> Health Care Durable Power of Attorney	_____
<input type="checkbox"/> Interested in Organ or Tissue Donation	_____

Questions to Ask Your Doctor

Vaccinations (please note the date of the immunization)

Influenza _____ Pneumococcal _____
MMR _____ Tetanus/Diphtheria _____

Health Insurance Plans

Over-the-Counter Medications and Other Supplements

Discontinued Medications/Products (due to Allergies, Side Effects, or Reactions)

- Allergy Relief/Antihistamines
- Cough/Cold Medications
- Aspirin/Other for Pain/Headache/ Fever
- Antacids
- Laxatives
- Sleeping Pills
- Diet Pills
- Vitamins and Minerals
- Herbal/Dietary Supplements
 - St. John's Wort
 - Gingko Biloba
 - Kava Kava
- Other (be sure to list on other side)

Medication/Food/Environment that cause a reaction	Allergy, Side Effects, Reaction or Intolerance Experienced (symptoms, severity)	Date (mm/yy)

