

Health Organizational Tip

January 2007

January is a great time to start your personal health record or as we call it your health organizer. A health organizer filled with your most recent medications, allergies and important contacts can be a true-life saver! It can speak for you when you cannot.

If you have an organizer then start with the important page and start by filling out the pages as completely as possible.

- *Write down all the medication you are taking-even vitamins
- *Write down all your allergies to medications, food and seasonal
- *Write down your medical conditions
- *List your emergency contact people

If you have more time fill in immunizations, major events and keep going! If you do not have much time bring it to your next doctor's visit and while you are waiting fill in the rest.

Remember to fill in your organizer as life happens that way you will always have your medical journey to reference.

The reason for keeping an organizer is to make life easier! Once everything is in your organizer and in one place it will be so much clearer and almost effortless to find all your medical information.

Look for February's tip on the -Questions and Answers- section of your organizer.

