

SUGGESTED RECORD KEEPING APPS

If you are looking for a digital method to keep track of your medical records you may want to try one of these applications:

My Medical:

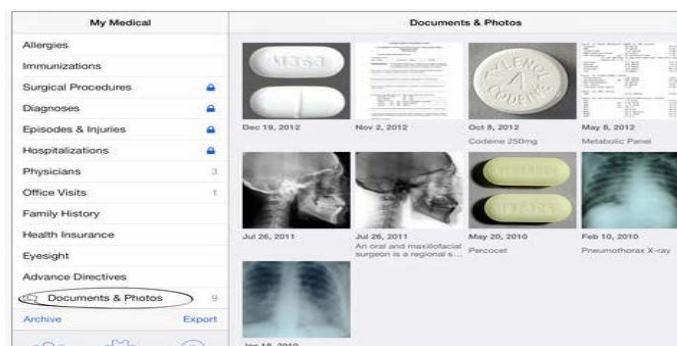
Access: Download My Medical on your Mac or on your smart phone.

Cost: The trial version is Free. It is fully functional except for restrictions on the amount of information you can store. Try the trial size, a cost is incurred if you need to add more storage space.

Good to know: Data you enter is stored on your device, not on a remote server. The record keeping database does not connect to the Internet.

What you can use it for:

- The whole family (store multiple medical records)
- Contact information (for emergencies, doctors and health insurance)
- Photographs, lab work and x-rays
- Tracking test results (range of common test result templates are provided)
- Chart feature (to help you track trends over time)



Care Zone:

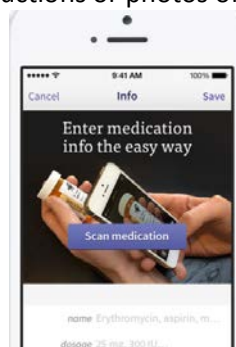
Access: Sign up online or download the application onto your smart phone.

Cost: The application is free.

Good to know: Care Zone highlights that it is dedicated to your privacy and security.

What you can use it for:

- Medications (list medications, dosages and schedules, track your adherence over time)
- Journal (document symptoms, record doctor's instructions, share updates with family members privately)
- Calendar (keep track of appointments and refills)
- Contacts (organize and share important contacts, numbers and emails)
- Photos and files (store discharge instructions or photos of important documents)



DOCTOR CONTACT LIST

Do you have your doctor's number readily available if you need it?
Keep track of your doctor's contact information by
adding it in your phone's contact list, taking his/her business card or using this list:

Doctor's name: _____

Hospital/Practice: _____

Specialty: _____

Address: _____

Phone: _____ Fax: _____

Email: _____

Website: _____

Best way to contact him/her: _____

Doctor's name: _____

Hospital: _____

Specialty: _____

Address: _____

Phone: _____ Fax: _____

Email: _____

Website: _____

Best way to contact him/her: _____

APPOINTMENT SUMMARY

This summary used in conjunction with “What You Want to Cover” and the “Symptom Journal” provides you with a comprehensive record of each health concern and interaction you have with your provider.

Appointment date & time: _____

Doctor's name: _____

Reason for appointment: _____

Medication(s) prescribed/Changes to my current medications: _____

Test(s) prescribed (date scheduled): _____

Specialist(s) referred to (date scheduled): _____

Notes from appointment: _____

Recommended Next Steps: _____
