

Preventative Care

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My **Health and
Wellness Record**



COW CREEK BAND
OF UMPQUA TRIBE OF INDIANS

PUBLIC HEALTH

Get the Most from Your Health and Wellness Record

Preventative Care

Immunization Records:

Your doctor's office can help you obtain these records. It is convenient to have a current immunization record on hand for travel and when starting a new job.

Preventative Screenings/Procedures: [Start with one page and print more as needed.](#)

Keep track of all your preventative screenings and procedures in this section. Record dates and details about prostate exams, mammograms and colonoscopies. You can also request printouts of reports from screenings and procedures to keep in this section.



Preventative Screenings and Procedures

Date	<i>Ex: 8/18/2025</i>	Screening/ Procedure	<i>Example: Colonoscopy</i>
Notes	<i>Example: Tolerated anesthesia well. One polyp was removed, no cancer.</i>		

Date		Screening/ Procedure	
Notes			

Date		Screening/ Procedure	
Notes			

Date		Screening/ Procedure	
Notes			

Date		Reason/ Procedure	
Notes			

Date		Screening/ Procedure	
Notes			