

# Primary Care and Specialists

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# Get the Most from Your Health and Wellness Record

## Primary Care and Specialists

**Appointment Record:** Start with one page, and print more as needed.

This chart should be used as a quick reference to keep track of any primary care or specialist visits. Just write down the date, purpose of the visit, and any notes you have. This will help you keep track of routine appointments.

**Provider Profile:** Print one sheet for each doctor you see.

A provider profile is a sheet of paper that you can fill out with information about your doctor, as well as their location and contact information. Under this section you should keep a provider profile for your primary care doctor and every specialist you see, **except** your eye doctor, dentist, and mental health professionals; those profiles should be kept under the "Vision," "Dental," and "Mental Health" sections. There is also room to put a photo of your doctor, if you find that helpful.

**Appointment Summaries:** Print ten copies so that you have them on hand for appointments.

An appointment summary is helpful to prepare for your appointment and to take notes during and after the appointment. Appointments with medical providers are usually about 15 minutes long. Often changes are made to your medications or care during the appointment. It can be beneficial to write things down during the appointment or soon after while details are fresh in your mind. You may choose to use only the Appointment Record, Appointment Summary, or both.





# Provider Profile

Provider's Name

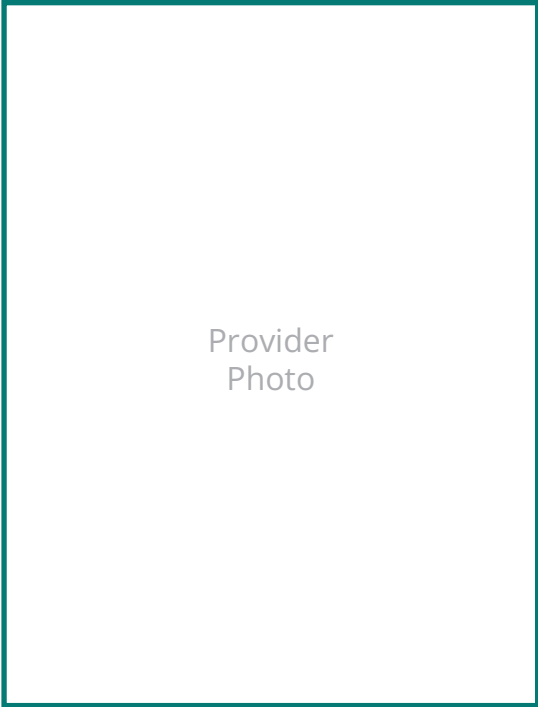
Clinic

Address

Phone

Email

Why do I see this doctor?



# Appointment Summary

<b>Doctor's Name</b>	
<b>Appointment Date and Time</b>	
<b>Address</b>	
<b>I have scheduled this appointment because</b>	
<b>Symptoms I want to discuss</b>	
<b>Questions I want to ask</b>	
<b>Notes</b> (Medication changes, doctor comments, recommendations, etc.)	
<b>My To-Do List</b>	