

Vision

Contents

- **Appointment Record**
- **Provider Profile**
- **Appointment Summary**

My **Health and
Wellness Record**



COW CREEK BAND
OF UMPQUA TRIBE OF INDIANS

PUBLIC HEALTH

Get the Most from Your Health and Wellness Record

Vision

Appointment Record: [Start with one page, and print more as needed.](#)

This chart should be used as a quick reference to keep track of vision appointments. Just write down the date, purpose of the visit, and any notes you have. This will help you keep track of routine appointments, such as your most recent eye exam.

Provider Profile: [Print one sheet for each eye doctor you see.](#)

Under this section you should keep a provider profile for any eye doctors you see. A provider profile is a sheet of paper that you can fill out with information about your eye doctor, as well as their location and contact information. There is also room to put a photo of your eye 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 the doctor 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 the Appointment Record, the Appointment Summary, or both forms.



Provider Profile

Provider's Name

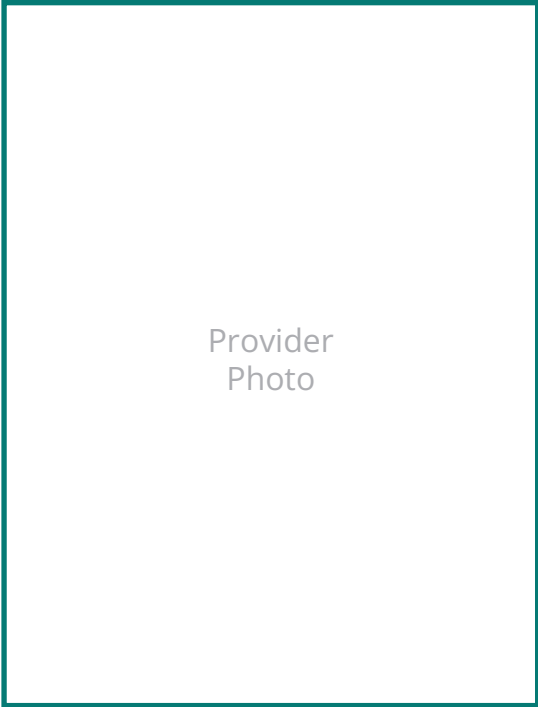
Clinic

Address

Phone

Email

Why do I see this doctor?



Appointment Summary

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