



Information About You

Name _____

Address _____

Birth Date _____ Blood Type _____ Weight _____ Height _____

Pharmacy _____ Phone _____

Primary Care Physician _____ Phone _____

Other Physicians _____ Phone _____
or Specialists _____ Phone _____

Emergency Contact _____ Phone _____

Questions to Ask Your Doctor

Medical Conditions

Asthma Heart Disease Diabetes High Blood Pressure

Cancer Kidney Disease Other _____

Vaccinations (please note the date of the immunization)

Influenza _____ Pneumococcal _____

MMR _____ Tetanus/Diphtheria _____

Important Health Care Documents

Location of Document

Health Care Proxy _____

Health Care Durable Power of Attorney _____

Interested in Organ or Tissue Donation _____

Health Insurance Plans

Over-the-Counter Medications and Other Supplements

Allergy Relief/Antihistamines

Cough/Cold Medications

Aspirin/Other for Pain/Headache/ Fever

Antacids

Laxatives

Sleeping Pills

Diet Pills

Vitamins and Minerals

Herbal/Dietary Supplements

St. John's Wort

Gingko Biloba

Kava Kava

Other (be sure to list on other side)

Discontinued Medications/Products (due to Allergies, Side Effects, or Reactions)

Medication/Food/Environment that cause a reaction	Allergy, Side Effects, Reaction or Intolerance Experienced (symptoms, severity)	Date (mm/yy)

