Helping you Mind Your Health℠

BJC Medical Group

Name: ____________________ Date of Birth: ____________________

My Health Record

- **Always keep this form with you – preferably in a wallet or purse.**
- **Write down all changes to your health that may occur. If you stop taking a medicine, cross it off the list. If you add another medicine, write it on the list.**

In Case of Emergency

Doctor(s), and other important phone numbers:

Emergency contact(s):

Allergies (such as medicines, latex, IV dye and food; describe reaction):

Immunization Record (Record the date / year of the most recent vaccinations)

Flu vaccine(s):	Tetanus:
Pneumonia vaccine:	Hepatitis vaccine:
COVID-19:	Other:

Medical Conditions (Place a check in the box next to all that apply to your health history.)

☐ AIDS/HIV	☐ Bronchitis	☐ Headaches	☐ Kidney problems	☐ Tuberculosis
☐ Alcoholism	☐ Cancer	☐ Heart problems	☐ Liver problems	☐ Ulcers
☐ Anemia	☐ Chemical dependency	☐ Hepatitis	☐ Parkinson's disease	☐ Other: ______
☐ Arthritis/Gout	☐ Dementia	☐ Herpes	☐ Pneumonia	______
☐ Asthma	☐ Diabetes	☐ High cholesterol	☐ Psychiatric problems	
☐ Bleeding disorder	☐ Emphysema	☐ Hypertension	☐ Stroke	
☐ Breast lump	☐ Epilepsy	☐ Jaundice	☐ Thyroid problems	

Surgeries (List all and year)

____________________ ____________________

____________________ ____________________

____________________ ____________________

____________________ ____________________

Signs and Symptoms of Heart Attack

- Uncomfortable pressure, fullness, squeezing or pain in the center of the chest that lasts more than a few minutes, or goes away and comes back
- Pain that spreads to the shoulders, neck, jaw or arms
- Chest discomfort, light-headedness, fainting, sweating, nausea or shortness of breath

Additional warning signs for women:

- Dizziness
- Unexplained weakness or fatigue
- Discomfort or pain between the shoulder blades
- Sense of impending doom

Signs and Symptoms of Stroke

- Sudden numbness or weakness of the face, arm or leg, especially on one side of the body
- Sudden confusion, trouble speaking or understanding
- Sudden trouble walking, dizziness, or loss of balance or coordination
- Sudden severe headache with no known cause
- Sudden trouble seeing in one or both eyes

If you suspect you are having a heart attack or stroke, call 911 immediately. DO NOT drive yourself.

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Medical Group

LIST ALL MEDICINES YOU ARE CURRENTLY TAKING.

- **Prescriptions** (examples - pills, inhalers, creams, shots)
- **Herbals** (examples - vitamins, ginseng, ginkgo)
- **Over-the-Counter Medications** (examples - aspirin, antacids)
- **Taken-as-Needed Medications** (examples - nitroglycerin, inhalers)

Date Started	Medication Name	Dose	Directions How do you take it? When? How often?	Date Stopped	Notes – Reason for taking?

To find a BJC Medical Group Physician or schedule an appointment, call 855.204.2921 or visit bjcmedicalgroup.org.

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