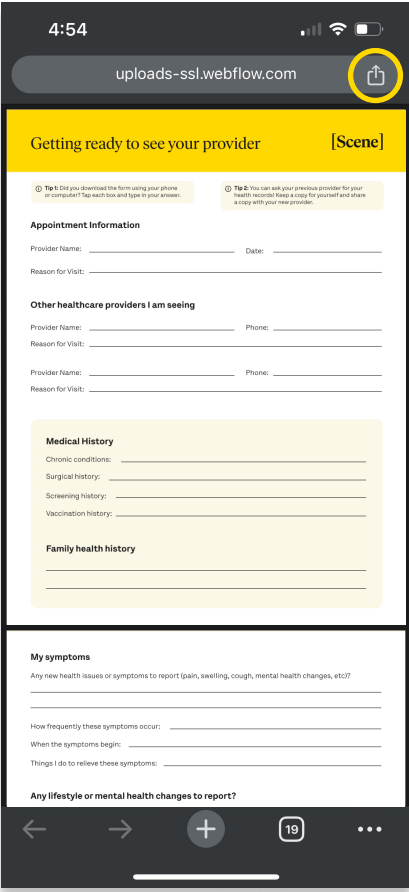


How to use this tool

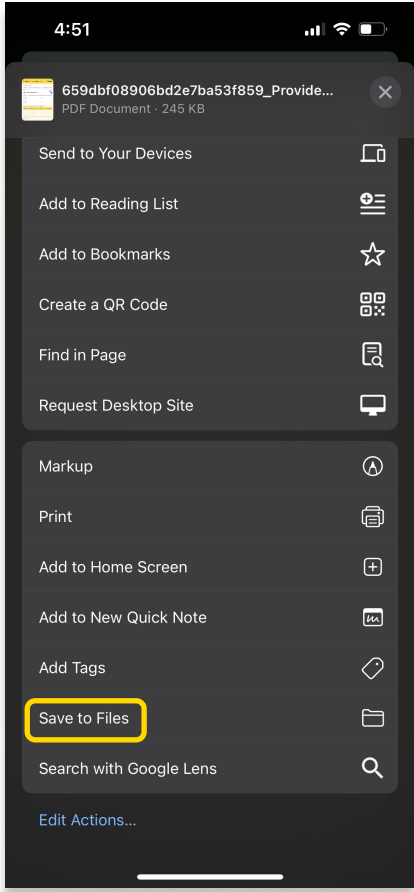
If you want to use the digital version

1. If you download on desktop, once you open up the form you will see light blue boxes above the lines. Click on each blue box and type your answers into the form.
2. If you download on mobile, once you open up the form you won't see boxes but you will be able to type above each line. Zoom in, click and type your answers into the form.
3. Take it with you when you see your provider.
4. Click the 'download the app' or 'email the care team' button on the last page to get more help.

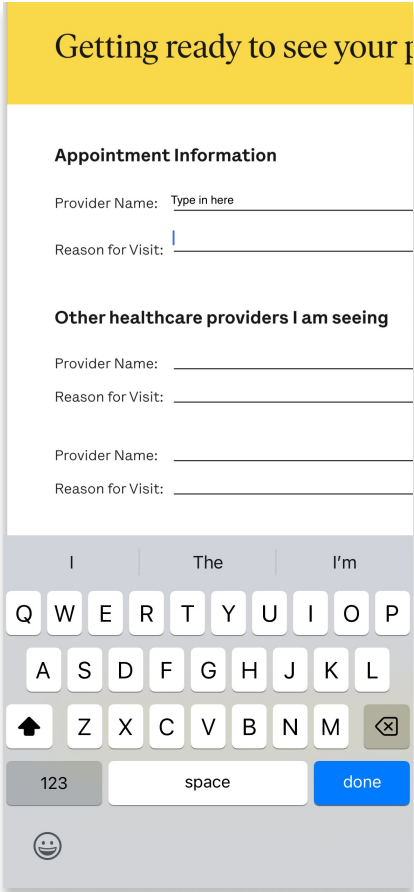
How to download and edit on iOS



Click the top right icon



Select 'Save to Files'



Open up and edit by clicking on lines & typing

If you want to use the print version

1. Print it out and fill it in whenever you go to a new provider.
2. Take it with you when you see your provider.
3. Scan the QR code on the last page to get more help.

- Tip 1: Did you download the form using your phone or computer? Tap each box and type in your answer.
- Tip 2: You can ask your previous provider for your health records! Keep a copy for yourself and share a copy with your new provider.

Appointment Information

Provider Name: _____ Date: _____

Reason for Visit: _____

Other healthcare providers I am seeing

Provider Name: _____ Phone: _____

Reason for Visit: _____

Provider Name: _____ Phone: _____

Reason for Visit: _____

Medical History

Chronic conditions: _____

Surgical history: _____

Screening history: _____

Vaccination history: _____

Family health history

My symptoms

Any new health issues or symptoms to report (pain, swelling, cough, mental health changes, etc)?

How frequently these symptoms occur:

When the symptoms begin:

Things I do to relieve these symptoms:

Any lifestyle or mental health changes to report?

This could include changes in how you eat, changes in smoking status, changes in alcohol intake, etc



Medication and supplement list

Drug/supplement	Dose	Frequency	Recommended by

Want help with the next steps?
Download our app to talk with
your care team, or send an email!

Download the app

Email the care team

Or email the
care team by
scanning the
QR code

