

My Health Canvas

NAME

UPDATED



DATE OF BIRTH

TELEPHONE

EMENRGENCY CONTACT

PRIMARY PHYSICIAN NAME

MARITAL STATUS

EMAIL ADDRESS

PRIMARY DIAGNOSIS

PRIMARY PHYSICIAN CONTACT

HEALTH INSURANCE TYPE

HOME ADDRESS

PRIMARY DIAGNOSIS STATUS

FAMILY DOCTOR

HEALTH INSURANCE No.

BLOOD TYPE

PRE-EXISTING CONDITIONS

NATIONAL INSURANCE No.

PREFERRED LANGUAGE

HEIGHT (cm)

WEIGHT (kg)

CURRENT HEALTH OVERVIEW

MY HEALTH SUMMARY

MY GOALS, PLANS & PRIORITIES

PLANS FOR THE NEXT 30, 60, 90 DAYS

WHAT IS BOTHERING ME MOST RIGHT NOW

WHAT HELPS ME FEEL BETTER

WHAT I AM LOOKING FORWARD TO...

KEY MEDICAL INFORMATION

MAIN MEDICATIONS (Name, Indication, Dose etc.)

QUESTIONS FOR HEALTHCARE TEAM

ALLERGIES, WARNINGS & SPECIAL REQUESTS