# My Health Story

**NAME** e.g., Mr. Andy N. Example **UPDATED** 23-Jul-2025

Upload your own photo here

**DATE OF BIRTH**
12-Jan-1968

**TELEPHONE**
e.g., +41-99-123-1234

**MARITAL STATUS**
e.g., Divorced

**EMAIL ADDRESS**
e.g., Name@gmail.com

**HEALTH INSURANCE TYPE**
e.g., Tier 2

**HOME ADDRESS**
e.g., Appt. 999
123 Longstreet
Postcode, City X

**HEALTH INSURANCE No.**
e.g., 123456

**NATIONAL INSURANCE No.**
e.g., 123456-X

**PREFERRED LANGUAGE**
e.g., English

**EMENRGENCY CONTACT**
e.g., A.N. Other
Partner

**PRIMARY PHYSICIAN NAME**
e.g., Dr. Smith

**PRIMARY DIAGNOSIS**
e.g., Cancer X, Type Y

**PRIMARY PHYSICIAN CONTACT**
e.g., Tel. No. or Email

**PRIMARY DIAGNOSIS STATUS**
e.g., Currently Stage III, Chemo & RadioTreatment

**FAMILY DOCTOR**
e.g., Dr. Foster

**BLOOD TYPE**
e.g., Type AB, Rh+

**PRE-EXISTING CONDITIONS**
e.g., Hypertension, Overweight BMI 28

**HEIGHT (cm)** e.g., 188

**WEIGHT (kg)** e.g., 90

## CURRENT HEALTH OVERVIEW

### MY HEALTH SUMMARY

(Overwrite)
Briefly describe your health journey, important diagnosis, treatments and dates

### WHAT IS BOTHERING ME MOST RIGHT NOW

(Overwrite)
List any symptoms, worries or challenges

### WHAT HELPS ME FEEL BETTER

(Overwrite)
e.g., spending quality time with family & friends, meditation etc.

## KEY MEDICAL INFORMATION

### MAIN MEDICATIONS (Name, Indication, Dose etc.)

(Overwrite)
e.g., Pregabalin (for Neuropathic pain - 150 mg, 1:0:1), Amiltriptylinum (for Depression & pain - 50 mg, 0-0-2) etc.

## MY GOALS, PLANS & PRIORITIES

### PLANS FOR THE NEXT 30, 60, 90 DAYS

(Overwrite)
Try to describe some milestones, achievements, activities, events, plans for the future.

30 days

60 days

90 days

### WHAT I AM LOOKING FORWARD TO...

(Overwrite)
Upload a photo of your dream & give it a description here.


### QUESTIONS FOR HEALTHCARE TEAM

(Overwrite) Key questions not to forget e.g.,
Oncologist - I need a new sick note
Family Doctor - please check my blood pressure

### ALLERGIES, WARNINGS & SPECIAL REQUESTS

(Overwrite) e.g., I am allergic to peanuts, penicillin, and I'm vegetarian. When in hospital, I prefer not to be woken up in the night for checks