

**Personal Health Record for:** \_\_\_\_\_

Your personal health information is a valuable resource to you, your family, and the doctors, nurses, and other healthcare professionals who provide your treatment and care. Keeping your own personal health profile updated allows you to provide doctors with valuable information that can help improve the quality of care you receive. A personal health record can help reduce or eliminate duplicate tests and allow you to receive faster, safer treatment and care in an emergency. A personal health profile helps you play a more active role in your healthcare.

**To keep your records updated, remember to:**

- Update your emergency contact information and hospital preference as changes occur.
- Update your insurance information. Include updated copies of Advanced Directives, including Living Wills and/or Durable Power of Attorneys for Healthcare.
- Update the list of medicines you take, including the dose and how often you take the medicine and what condition the medicine is for.
- Write down any known allergies or reactions to medicines you take.
- Update the health log of medical conditions that you may have, including additional times you are in the hospital and any additional surgeries.
- Include all health care providers that are involved in your care, including physicians, other medical personnel and healthcare agencies.
- List any recent immunizations you have received.
- List any medical equipment that you use, including vendor contact information.
- Other medical information that is important for someone to know:

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Visit Madonna's website at [www.madonna.org](http://www.madonna.org) in order to access printable versions of additional blank pages to add to your portable profile.



Portable Health Profile for: \_\_\_\_\_

## EMERGENCY CONTACT INFORMATION

This section should include all emergency contact information, including name of contact, relationship to person served, address and phone number.

Name	Relationship	Address	Phone Number

## HOSPITAL PREFERENCE

This section should include your hospital preference should emergent needs for a hospital admission arise, including the name of the hospital, address and phone number.

Name of Hospital	Address	Phone Number

## INSURANCE INFORMATION

This section should include all medical insurance, including primary and secondary insurances, individual and group policy numbers and both current and pending benefits. You may include an application for insurance that has been submitted but not yet accepted.

Insurance Provider	Primary/Secondary Coverage	Group Policy Number	Individual Policy Number	Current/Pending Benefits

















