HEALTH CHECK

TAKING CARE OF YOUR HEALTH, MIND, BODY, AND SPIRIT, IS AN ESSENTIAL PART OF LIVING ON PURPOSE. USE THIS TRACKER TO STAY ORGANIZED AND PROACTIVE WITH BOTH CONVENTIONAL AND HOLISTIC HEALTHCARE APPOINTMENTS.

ANNUAL PHYSICAL EXAM

- Pap Smear (every 1-3 years depending on age/history)
- Mammogram (annually after age 40, or as recommended)
- Pelvic Exam
- Bone Density Scan (as recommended)
- Thyroid Function Test
- Hormone Level Check

- Blood Work/Lab Tests
- Blood Pressure Check
- Cholesterol Screening
- Dental Cleaning (every 3-6 months)
- Eye Exam (every 1-2 years)
- Skin Check/Mole Mapping
- Mental Health Check-In
- Vitamin D & B12 Levels
- Other: _____

HEALTH CARE PROVIDER	SPECIALIZATION	LAST APP'T	NEXT APP'T	ACTION ITEM
Dr. _____	FAMILY PHYSICIAN			
Dr. _____	GYNACOLOGIST			
Dr. _____	*DENTIST			
Dr. _____	SPECIALIST: _____			
Dr. _____	*EYE CARE/OPTOMETRIST			
Dr. _____	DERMATOLOGIST			
Dr. _____	*NATUROPATHIC DOCTOR			
Dr. _____	HOLISTIC PRACTITIONER			
Dr. _____	*CHIROPRACTOR			
Dr. _____	*MENTAL HEALTH PROVIDER			
_____	*MASSAGE THERAPIST			
_____	ACUPUNCTURIST			
_____	NUTRITIONIST/DIETITIAN			
_____	_____			
_____	_____			
_____	_____			
_____	_____			

IMPORTANT HEALTH INFORMATION

ALLERGIES:

CURRENT MEDICATIONS & SUPPLEMENTS:

HEALTH INSURANCE PROVIDER: _____ **POLICY #:** _____

*HAVE I USED ALL MY BENEFITS

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