



ORGANIZING YOUR MEDICAL HEALTH INFORMATION

PRINTABLE BINDER TEMPLATE

1. Personal & Emergency Info

- Name, DOB, blood type
- Emergency contacts
- Insurance details
- Primary doctor + specialists with phone numbers

2. Medication List

- Medication name
- Dosage & frequency
- Reason prescribed
- Prescribing doctor
- Notes (side effects, changes)

3. Medical History

- Diagnoses
- Surgeries / hospitalizations (with dates)
- Allergies

4. Appointments & Doctor Notes

- Date / Provider
- Reason for visit
- Notes / Follow-up

5. Lab Results & Imaging

- Date
- Test / Imaging type
- Result summary

6. Other Documents

- Immunization record
- Advance directive / living will
- Insurance cards