General Health Tips:

- **EAT** nutritious food and less sugar.
- **SLEEP** 8 hours and try to go to bed at the same time.
- **CONNECT** with others as often as you can.
- **HAPPINESS** Find three things that make you happy, notice how you feel when you think about them.

---

**All About You**

**DATE**

- **Provider Name & Phone Number**
- **Pharmacy name & Phone Number**
- **Care Coordinator Name & Phone Number**
- **Emergency Contact Name & Phone Number**

**Be sure to ask your doctor:**

1. What is my biggest health issue?

2. What do I need to do?

3. Why should I do this?

**Name**

**Phone**

**Allergies**