

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.



My Health
and Wellness
Record Keeper

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?

All About You

DATE

Name

Phone

Allergies

Provider Name & Phone Number

Pharmacy name & Phone Number

Care Coordinator Name & Phone Number

Emergency Contact Name & Phone Number

