



Keeping Healthy by Keeping Track: A Complete Guide to Maintaining Your Own Medical Records

Lillian Shah

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A simple yet comprehensive method of maintaining your own medical records at home. Logical and self-evident, it is a thorough and uncomplicated way to centralize all your health information. There are 75 charts from which to choose those most relevant to you. Your increased knowledge will allow you to build a strong doctor/patient partnership. All current information fits in a 3-ring binder that can be carried easily to all medical appointments. Your red notebook will hold vital emergency information, current health status, family history, office visit forms, medications lists, lab and test results, hospitalization records, and insurance, financial and legal information. Emergency? Grab your Red Notebook and go!



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