

The Healthy Health Folder

It is highly recommended that you maintain a health folder with all the vital information and medical health records for anyone to whom you are giving care, including yourself. On a daily basis, the folder enables you to keep track of medications, monitor health progress and note forthcoming medical appointments. In an emergency, it offers medical and social service providers quick access to vital information that could save the person's life.

To serve its purpose, the health folder would have these:

- Patient's Personal Data and List of Contacts
- List of Medical Issues
- Medication List
- Health Screening Results