

MEDICAL RECORD TRACKING	Why is this important?
<p>Establish a Healthcare record keeping system.                      Things to include:</p> <ul style="list-style-type: none"> <li>• Bloodwork</li> <li>• Diagnostic test reports (MRI, CT, X-Ray)</li> <li>• Prescription information sheets</li> <li>• Prescription log sheet</li> <li>• Doctor visit summary reports</li> <li>• Legal documentation (see Legal tab)</li> <li>• Insurance Coverage/Policy</li> <li>• Copy of Insurance card</li> </ul>	<ul style="list-style-type: none"> <li>• Record keeping is critical to your or your loved ones well being</li> <li>• Can be manual or electronic</li> <li>• Helps physicians, nurses, and other caregivers make diagnoses and choose treatment options</li> <li>• Track and assess your health</li> <li>• Record and track your progress toward your health goals</li> <li>• Make the most of doctor visits</li> </ul>
<p>Ask your provider if they have an electronic portal (most do these days), sign up for it!</p>	<p>All your medical history recorded by your physician will be stored in the portal: blood work, visit notes,</p>
<p><b>Paper record keeping:</b></p> <ul style="list-style-type: none"> <li>• Create a file folder to be stored in filing cabinet, date with current year.</li> </ul>	
<p><b>Electronic record keeping:</b></p> <ul style="list-style-type: none"> <li>• Create a folder on your computer; start a new folder every year</li> </ul>	
<p>Request a CD/DVD of any diagnostics testing for X-rays, MRI, CT Scans, Ultrasound.</p>	<ul style="list-style-type: none"> <li>• Make this request prior to the technician starting the test</li> <li>• Store this with your medical record</li> <li>• If you have several doctors who are overseeing your care bring the most recent CD/DVD with you to the non-ordering physician</li> </ul>

**Nathan Leaf Foundation for Patient Advocacy**

If you are given a paper requisition (example: bloodwork), take a picture with your phone and download, save in your file/electronic file cabinet	
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