



Charting a Healthy Course



This handy wallet card contains useful health tips as well as a place to record your personal health information and to track your progress.

10 Steps to a longer & healthier life

- 1. See a doctor or other healthcare provider.**
Get regular medical care to help stay healthy.
- 2. Be tobacco-free.**
Quit smoking and avoid second-hand smoke to prolong your life and protect those around you.
- 3. Keep your heart healthy.**
Keep your blood pressure, cholesterol, and weight at healthy levels to prevent heart disease, stroke, diabetes, and other diseases.
- 4. Know your HIV status.**
Get tested for HIV. Reduce risky behaviors and use condoms to protect yourself and others.
- 5. Get help for depression.**
Depression can be treated. Talk to your doctor or a mental health professional.

- 6. Live free of dependence on alcohol and drugs.**
Get help to stop alcohol and drug abuse. Recovery is possible.
- 7. Get checked for cancer.**
Colonoscopy, pap smears, and mammograms save lives.
- 8. Get the immunizations you need.**
Everyone needs to be vaccinated, regardless of age.
- 9. Make your home safe and healthy.**
Have a home that is free from violence and free of environmental hazards.
- 10. Have a healthy baby.**
Planning pregnancy helps ensure a healthy mother and a healthy baby.

This material is for informational purposes only and is not a substitute for professional medical advice or treatment. Always seek the advice of a health care professional with any questions about your personal health care status.

Emergency contact person:

Name _____
Relationship _____
Address _____
Phone _____

Healthcare Providers

Name _____
Phone _____
Name _____
Phone _____
Name _____
Phone _____
Name _____
Phone _____
Name _____
Phone _____

If found, please return to:

Name _____
Address _____
Phone _____

Medical Information

Allergies _____
Medications _____

Personal Prevention Record

	Date	Results	Date	Results	Date	Results
Blood Pressure Every office visit Target: _____ / _____		_____		_____		_____
Cholesterol Every _____ months/years Target LDL (bad) cholesterol Less than _____		Total: LDL: HDL:		Total: LDL: HDL:		Total: LDL: HDL:
Weight Every office visit Healthy weight: Less than _____ Target weight: Less than _____		Weight: BMI:		Weight: BMI:		Weight: BMI:
PSA Exam Men 50 and over (and others at high risk): every year						

Other Vaccines Your Doctor Recommends

Vaccine:	Date:
Vaccine:	Date:
Vaccine:	Date:

	Date	Date
Colonoscopy People 50 and older and others at high risk: Ask your doctor		
Pap Smear Women 18 to 65 and others at high risk: Ask your doctor		
Mammogram Women 40 and older and others at high risk: Ask your doctor		
Influenza Vaccine People 50 and older and others at high risk: Every year		
Pneumonia Vaccine People 65 and older and others at high risk: One time		
Tetanus (Td) Vaccine Every 10 years		