

405-231-8866 www.saintsok.com



Phone

City, State, Zip

Address

Name

My Personal Health Information

Top Half



405-231-8866

Whether you're looking for a family physician or a specialist, Saints is your physician referral source. Our service includes physicians from St. Anthony, Bone & Joint Hospital, and Unity Health Center in Shawnee. To make an appointment or learn more about our physicians and programs, call Saints Physician Referral at

Saints Physician Referral

- Maintain a healthy weight.
- Do physical activity for at least 30 minutes most days of the week.
- Eat a diet high in fresh fruits and low fat dairy products with reduced saturated and total fat.
- Choose foods that are lower in salt and other forms of sodium. Read food labels.
- Refrain from using tobacco.
- If I drink, have no more than one drink a day for women, two drinks a day for men.
- Visit my physician regularly.

My Personal Goals

1. Print out and fold along dotted line so top half is behind bottom half. Then trim around dotted line.

Emergency Medical Information

Emergency Contacts

1. Name _____ Phone # _____
2. Name _____ Phone # _____

My Physicians

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

Bottom Half

Medical Conditions and History

Medications

Medication	Dose	Frequency
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Allergies

My Health Statistics

Date _____	Blood Pressure _____
_____	_____
_____	_____

My Blood Pressure Goal

Date _____	Weight _____
_____	_____
_____	_____

My Weight Goal

Date _____	Cholesterol _____
_____	_____
_____	_____

My Cholesterol Goal

3. Fold this panel in toward center over "My Health Statistics"

2. Fold this panel in toward center to dotted line between "Emergency Medical Information" and "Medical Conditions and History"