

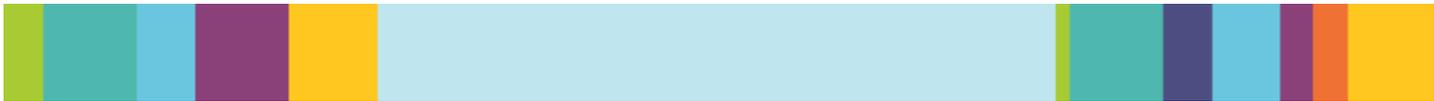


Your child's health care notebook

CookChildren'sSM

cookchildrens.org

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This notebook belongs to:

This is my story:

Our Promise

Knowing that every child's life is sacred, it is the Promise of Cook Children's to improve the health of every child in our region through the prevention and treatment of illness, disease and injury.



How to use this notebook

This notebook can help you keep track of your child's health information.

When your child has special health needs, it's easy to feel overwhelmed. Your child may have lots of appointments with doctors and specialists. You may need special medical equipment and medicines to care for your child. This is a lot to keep up with.

This notebook will help you:

- Stay organized.
- Prepare for appointments.
- Share information with others.
- Be part of health care decisions.
- Be prepared in case of an emergency.

This is **your** notebook. Organize the information in a way that works best for you.

To get started:

Look at the sections and pages in this notebook. Decide what information is most important.

Collect information that you already have:

- Reports from doctor visits.
- Important names and phone numbers.
- Lab and test results.
- Medicines.
- Vaccination (shot) records.
- Receipts for medical expenses.
- Equipment information.

If you need to print more pages, visit cookchildrens.org/familymedicalplanner.

Frequently asked questions

Q: Can I add other pages to this notebook?

A: This is **your** notebook and it should be useful for you. Feel free to add or remove any sections you want.

Q: What tips do you suggest to keep my child's health information organized?

A:

- Use your notebook for the most current information.
- Update your notebook after appointments.
- Move older information to another notebook or box.

Q: Should I bring my notebook to my child's appointments and medical center stays?

A: It's helpful to have your child's current information handy.

Q: What do I do with electronic information?

A: You may receive information from your doctor or specialist (provider) in email or the Cook Children's patient portal. You can print the information to put in this notebook.

Q: When do I need to update information?

A: Write down any changes in your child's care. It's hard to remember things like medicine changes or new providers.