

SENIORS MEDICAL PLANNER

Brought To You By: BestSeniorsHealth.com - Your Seniors Resource



Table Of Contents

1	FAMILY HISTORY
2	SURGERY PROCEDURE
3	APPOINTMENT CALENDAR
4	MEDICAL CONTACTS
5	LAB TEST RESULTS
6	LAB TRACKER
7	HEALTH SCREENING



Family History

Mother's Side

Name	Relationship	Condition/illness	Age of Onset	Cause of Death	Age of Death

Father's Side

Name	Relationship	Condition/illness	Age of Onset	Cause of Death	Age of Death

Siblings

Name	Relationship	Condition/illness	Age of Onset	Cause of Death	Age of Death

Surgeries & Procedures

[illegible]

Appointment Calender

January

February

March

April

May

June

July

August

September

October

November

December

Medical Contacts

Speciality:

Name:

Profession:

Phone:

Address:

Account #:

Website/Email:

Notes:

Speciality:

Name:

Profession:

Phone:

Address:

Account #:

Website/Email:

Notes:

Speciality:

Name:

Profession:

Phone:

Address:

Account #:

Website/Email:

Notes:

Speciality:

Name:

Profession:

Phone:

Address:

Account #:

Website/Email:

Notes:

Speciality:

Name:

Profession:

Phone:

Address:

Account #:

Website/Email:

Notes:

Lab Test Results

Date	Lab Location	Requesting Doctor
Lab(s):		
Results:		
Comments:		
Date	Lab Location	Requesting Doctor
Lab(s):		
Results:		
Comments:		
Date	Lab Location	Requesting Doctor
Lab(s):		
Results:		
Comments:		
Date	Lab Location	Requesting Doctor
Lab(s):		
Results:		
Comments:		
Date	Lab Location	Requesting Doctor
Lab(s):		
Results:		
Comments:		

Lab Tracker

[illegible]

Health Screening

Screening Test	Data Completed						
Routine Physical							
Body Mass Index							
Cholesterol							
Blood Pressure							
Hepatitis B							
STDs							
Hemoglobin A1c(diabetes)							
Colorectal Cancer Screen							
Skin Cancer Screen							
Hearing Exam							
Vision Exam							
Dental Exam							

Screening Test	Immunizations						
Tetanus							
Influenza Vaccine							
Pneumococcal							
Hepatitis B							
Zoster (shingles)							

THANK YOU!

DON'T FORGET TO VISIT:

[**BestSeniorsHealth.com**](https://BestSeniorsHealth.com)

Your Seniors Wellness Resource!