

Health Record Summary Sheet

A concise current snapshot for healthcare discussions

PATIENT-PREPARED SUMMARY

This is a patient-prepared summary for personal organization and healthcare discussions.
Confirm medication, allergy, laboratory, and treatment information with your healthcare team and original records.

PREFERRED NAME:

DATE COMPLETED / LAST UPDATED:

MAIN HEALTH CONCERNS I WANT MY HEALTHCARE TEAM TO KNOW ABOUT

RELEVANT CONDITIONS / HEALTH HISTORY

Include information you have been told by a healthcare professional, if applicable.

PRESCRIPTION MEDICINES

List current medicines as recorded; confirm details with your healthcare team.

MEDICINE / STRENGTH	HOW I USE IT / SCHEDULE	NOTES / CHANGES

OTC MEDICINES / VITAMINS / SUPPLEMENTS

If applicable

ALLERGIES / ADVERSE REACTIONS

If applicable

Recent Information

Selected details for a healthcare discussion

USE THIS PAGE FOR A CURRENT SNAPSHOT

Record only recent, relevant information. Keep fuller histories and trackers in your binder.

RELEVANT THYROID HISTORY

Record history as it was communicated to you; do not use this space to self-diagnose.

RECENT RELEVANT LABORATORY RESULTS

Record selected recent results only; include the lab reference range when available.

DATE	TEST / PANEL	RESULT / REFERENCE RANGE	NOTES / SOURCE

RECENT SYMPTOMS / CHANGES

Briefly note changes you want to discuss and when they began or changed.

HEALTHCARE TEAM

ROLE	NAME / ORGANIZATION	CONTACT / PORTAL

OTHER INFORMATION I WANT MY HEALTHCARE TEAM TO KNOW

Include communication or accessibility needs, or anything else relevant for this visit.