



My Health Journal

Partner with your personal doctor and play an active role in your health and well-being. Keeping records and preparing for your visits will help you and your doctor create a plan that's right for you.

Network Health wants to help you improve or maintain your health. Use this journal to record your personal information and keep track of any concerns to share with your personal doctor.

PERSONAL INFORMATION

Name _____
Date of Birth _____ Member ID# _____
Plan Name _____

DOCTOR INFORMATION

Personal Doctor _____
Phone _____
Pharmacy _____
Phone _____
Specialists _____

ADVANCE DIRECTIVE/LIVING WILL

☐ YES. I have an advance directive or living will. A copy has been given to _____
☐ NO. I do not have an advance directive or living will.

CAREGIVER INFORMATION

Name _____
Relationship to Patient _____
Phone _____ Alternate Phone _____

IN CASE OF EMERGENCY

Name _____
Relationship to Patient _____
Phone _____ Alternate Phone _____



MEDICAL HISTORY

- ☐ AIDS/HIV
- ☐ Alcohol Abuse
- ☐ Allergies
List all _____
- ☐ Anemia
- ☐ Anxiety
- ☐ Arthritis
- ☐ Asthma or COPD/Emphysema
- ☐ Bladder Control
- ☐ Bleeding/Clotting Disorders
- ☐ Bronchitis
- ☐ Cancer
List all _____
- ☐ Celiac Disease
- ☐ Chest Pain
- ☐ Chicken Pox/Varicella
- ☐ Concussions
- ☐ Convulsions/Seizures
- ☐ Depression
- ☐ Diabetes Type 1
- ☐ Diabetes Type 2
- ☐ Dizziness or Fainting
- ☐ Drug Abuse
- ☐ Eye Problem
List all _____
- ☐ Falls
- ☐ Fractures/Broken Bones
List all _____
- ☐ Headaches/Migraines
- ☐ Hearing Impairment
- ☐ Heart Condition
List all _____
- ☐ Hemodialysis
- ☐ High Cholesterol

- ☐ High Blood Pressure
- ☐ Irritable Bowel Syndrome
- ☐ Jaundice
- ☐ Joint Replacement
- ☐ Kidney Disease
- ☐ Kidney Stones
- ☐ Loss of Consciousness
- ☐ Low Blood Sugar
- ☐ Organ Transplant
List all _____
- ☐ Osteoporosis
- ☐ Pneumonia
- ☐ Shortness of Breath
- ☐ Sexually Transmitted Infection
List all _____
- ☐ Skin Conditions
List all _____
- ☐ Stroke
- ☐ Surgeries
List all _____
- ☐ Tuberculosis
- ☐ Thyroid Problems
- ☐ Urinary Tract Infections
- ☐ Ulcers
- ☐ Ulcerative Colitis/Crohn's
- ☐ Other Conditions Not Listed
List all _____

List all your medications, including over-the-counter, vitamins and supplements. Include medication allergies or side effects you have experienced.

It's important to take all medications as directed. Speak with your personal doctor about any problems you experience before stopping a medication.

CURRENT MEDICATIONS

START DATE	MEDICATION	DOSAGE	TIMES PER DAY	PURPOSE FOR USE

MEDICATION ALLERGIES AND SIDE EFFECTS

MEDICATION	REACTION

TRACK YOUR IMMUNIZATIONS TO MAKE SURE YOU RECEIVE THE RIGHT DOSE AT THE RIGHT TIME.

VACCINE	RECOMMENDED	DATE RECEIVED	DATE NEXT DOSE IS DUE
Shingles	Two doses at age 50 and older		
Pneumonia	Two-shot series at age 65 and older		
Pertussis	Once		
Tetanus/Diphtheria	Every 10 years		
Flu Shot	Once each flu season		
COVID-19	Pfizer BioNTech - 2 doses given 3 weeks apart; booster 6 months after second dose		
	Moderna - 2 doses given 4 weeks apart; booster 6 months after second dose		
	Johnson & Johnson Janssen - 1 dose; booster 2 months after first dose		

TRACK THE RECOMMENDED PREVENTIVE CARE AND SCREENINGS TO ENSURE EARLY DETECTION AND TREATMENT.

Costs and coverage for these services vary depending on the plan you are enrolled in. Refer to your *Evidence of Coverage* for plan-specific information. NetworkPrime (MSA) members will pay nothing for Medicare-covered services after the deductible is met. If you have any questions about your coverage for these preventive screenings, contact the member experience team at 800-378-5234 (TTY 800-947-3529) before you schedule the appointment.

RECOMMENDED FREQUENCY	PREVENTIVE SERVICE	APPOINTMENT SCHEDULED	SCREENING COMPLETE
One-time visit within the first 12 months of having Medicare Part B	Welcome to Medicare visit TIP - Ask your doctor's office to schedule your "Welcome to Medicare" preventive visit when you make this appointment.		
OR			
Every 12 months (once you've had Part B for longer than 12 months)	Annual wellness visit Must be at least 12 months after your "Welcome to Medicare" preventive visit. TIP - You can have lab screenings for early detection of diabetes, high cholesterol or blood disorders. As part of your wellness visit OR your routine physical, you can have a fasting blood sugar, lipid panel and/or complete blood count that are included in the cost. Note: These screening labs are intended to assist in early detection of new health conditions and are not part of routine monitoring of existing health conditions.		

PREVENTIVE SERVICES

RECOMMENDED FREQUENCY	PREVENTIVE SERVICE	APPOINTMENT SCHEDULED	SCREENING COMPLETE
Every 12 months	Annual routine physical exam To be covered, this exam must include preventive medicine evaluation and management, including an age and gender appropriate history, examination and counseling/anticipatory guidance/risk factor reduction interventions. TIP - You can have lab screening for early detection of diabetes, high cholesterol or blood disorders. As part of your wellness visit OR your routine physical, you can have a fasting blood sugar, lipid panel and/or complete blood count that are included in the cost. Note: These screening labs are intended to assist in early detection of new health conditions and are not part of routine monitoring of existing health conditions.		
One-time ultrasound	Abdominal aortic aneurysm screening Recommended for people at risk, as determined by your doctor.		
Every 12 months	Alcohol misuse screening and counseling One alcohol misuse screening and counseling for adults who misuse alcohol but are not alcohol dependent. Up to four counseling sessions per year for people who screen positive for alcohol misuse.		
Every 24 months	Bone mass measurement If medically necessary, these may occur more frequently.	Date of last screening	
Once per year	Cardiovascular disease (behavioral therapy) Behavioral therapy in a primary care setting only.		
Every five years	Cardiovascular disease screenings This screening includes blood tests for the detection of cardiovascular disease.	Date of last screening	
Every 24 months	Cervical and vaginal cancer screening For those at high risk, one Pap test, pelvic and breast exams are recommended every 12 months. Human papillomavirus (HPV) tests (when received with a Pap test) once every 5 years for ages 30-65 without HPV symptoms.	Date of last screening	
Once per calendar year	Depression screening In a primary care setting only.		
Every 12 months	Diabetes screening Based on results, you may be eligible for up to two screenings every 12 months.		
Varies	Diabetes self-management training Up to 10 hours of initial training (one hour individual training and nine hours of group training), and up to two hours of follow-up training each year.		

PREVENTIVE SERVICES

RECOMMENDED FREQUENCY	PREVENTIVE SERVICE	APPOINTMENT SCHEDULED	SCREENING COMPLETE
One-time participation	Medicare Diabetes Prevention Program Recommended for people with the following. <ul style="list-style-type: none"> • Hemoglobin A1c between 5.7 and 6.4% • Fasting plasma glucose of 110-125mg/dL, or a 2 hour plasma glucose of 140-199mg/dL • Have never participated in a Medicare Diabetes Prevention Program • A body mass index (BMI) of 25 or more (23 if Asian) • No prior diagnosis of type 1 or type 2 diabetes or End-Stage Renal Disease (ESRD). Program consists of 16 core sessions (group setting) over a six-month period, then six follow-up sessions and an additional 12 months of maintenance sessions.		
Every 12 months	Dilated eye exam for diabetics		
Once per calendar year	Glaucoma screening Recommended for people who are at a high risk of getting glaucoma.		
Every 12 months	Hemoglobin A1c test		
One-time vaccination (three-shot series)	Hepatitis B vaccine Recommended for people who are at intermediate or high risk of contracting Hepatitis B. Medicare also covers Hepatitis B screening annually for those at high risk who haven't been vaccinated.		
One-time screening	Hepatitis C screening Recommended for those at high risk and those born between 1945 and 1965. Annual screening covered for certain people at high risk.		
Once per calendar year	HIV screening Recommended for people ages 15-65 who request screening, people under 15 or over 65 who are at risk of contracting HIV and three times for women who are pregnant.		
Every 12 months	Kidney and liver function tests		
Every 12 months	LDL (cholesterol) screening		
Once per year	Lung cancer screening Recommended for those 55-77 at risk due to being a current smoker or having quit within the last 15 years.		
Once per year	Mammogram Recommended for women age 40 and older. Women ages 35-39 may receive one baseline mammogram.		
Varies	Medical nutrition therapy Three hours of counseling are offered during the first year of medical nutrition therapy services. After, two hours are offered each year for people with diabetes and/or kidney disease but not on dialysis when ordered by your doctor.		
Varies	Obesity screening and counseling Intensive counseling for people with a body mass index (BMI) of 30 or more received in a primary care setting.		

PREVENTIVE SERVICES

RECOMMENDED FREQUENCY	PREVENTIVE SERVICE	APPOINTMENT SCHEDULED	SCREENING COMPLETE
Once per calendar year	Prostate specific antigen (PSA) test Recommended for people age 50 and older. Digital rectal exam Recommended for people age 50 and older.		
Once per calendar year	Sexually transmitted infections (STI) screening and counseling Recommended for people at risk. Two counseling sessions may be covered each year for adults at increased risk of STI.		
Ask your doctor. It is recommended to confirm the diagnosis and then as medically necessary.	Spirometry test For Chronic Obstructive Pulmonary Disease (COPD).		
Eight times within 12 months	Tobacco cessation counseling If you have signs or symptoms of tobacco-related disease, you may be responsible for additional costs.		
COLORECTAL CANCER SCREENINGS		APPOINTMENT SCHEDULED	SCREENING COMPLETE
Colonoscopy, every 10 years Recommended for people age 50 and older. For people at high risk, a colonoscopy or barium enema is recommended every 24 months.		Date of last screening	
Fecal occult blood test, every 12 months Recommended for people age 50 and older.			
Flexible sigmoidoscopy or barium enema, every four years Recommended for people age 50 and older. For people at high risk, a colonoscopy or barium enema is recommended every 24 months.		Date of last screening	
Multi-target stool DNA test, every three years Recommended for people age 50-85 with no symptoms of colorectal disease who are not at increased risk.			

ANNUAL HEALTH RISK ASSESSMENT

Make sure you take your Network Health annual health risk assessment found in your secure online member portal at **login.networkhealth.com**.

By completing these questions about your health and lifestyle habits, you can identify potential health risks and learn about ways to improve and maintain your health. Updating this annually helps you to see changes you might not otherwise notice.

Sharing this information with your personal doctor is an important step to ensure you are receiving the care you need.

MAJOR ILLNESSES AND HOSPITALIZATIONS

ILLNESS	START DATE	END DATE	TREATMENT NOTES

LAB NUMBERS / VITAL STATISTICS

Keeping track of important statistics like weight, body mass index (BMI) and cholesterol levels can help you and your personal doctor determine a plan to improve your health.

[illegible]

BLOOD PRESSURE RECORD KEEPER

Ask your doctor whether your blood pressure is under control, and how to keep your numbers in a healthy range.

[illegible]

PHYSICAL FITNESS TRACKER

By staying active, you can improve your mood, have more energy and sleep better. Exercise can also help you control your weight and other health conditions. Keep track of how often you exercise and the activity you do. Share this with your personal doctor to determine if you should make changes.

DATE	ACTIVITY	LENGTH OF TIME

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PREPARE FOR YOUR VISIT TO MAKE THE MOST OF THE TIME SPENT WITH YOUR DOCTOR.



If any of these are concerns for you, discuss them with your doctor.

- Challenges with medications (affordability or effectiveness)
- Preventing falls
- Exercise and physical activity
- Symptoms of depression, sadness or feeling down
- Bladder control

Consider asking a family member or friend to come with you to your appointment. It can be helpful to have another person hear what the doctor has to say and ask additional questions.



Get it in writing to take home with you.

- Take notes
- Ask for written instructions
- Ask for printed educational materials

Be proactive and ask questions. Don't be afraid to speak up if you don't understand something your doctor has told you.



Some questions you might ask include the below.

- Why do I need the recommended test?
- How is the test done?
- How do I prepare for the test?
- When will I receive results?
- Are there ways to keep my condition from getting worse?
- Should I see a specialist?
- Are community resources available?

Many people can benefit from a healthy diet and physical activity. Discuss your current diet and exercise routine with your personal doctor to determine what level of physical activity is right for you.



Talk to your personal doctor about any recent falls or balance concerns you might have.

- Ask for information regarding exercises that increase strength and balance
- Throw rugs can cause a trip hazard—get rid of them in your home
- Wipe up spills quickly to avoid slipping
- Use night-lights and don't attempt to navigate in the dark
- Ask your doctor to review all medications, and let him/her know if you experience dizziness
- Have your vision checked
- Ask your doctor about bone density screening

Falls can become more dangerous as you get older, particularly if you have osteoporosis.



Don't be embarrassed to talk to your doctor about incontinence, especially if it is interfering with your ability to enjoy life.

Bladder incontinence may include the following.

- Stress incontinence - when urine leaks when you cough, laugh or lift something
- Urge incontinence - when you experience a sudden need to urinate and have difficulty making it to the bathroom in time



Let your doctor know if you are experiencing memory problems.

Medications, stress and lack of sleep can all have an effect on our ability to think clearly.

Speak with your personal doctor if you're experiencing sadness or depression that doesn't seem to go away. Our lifestyle plays a major role of our happiness.

Things that improve mental health include the following.

- Eating healthy
- Exercise
- Getting enough sleep
- Spending time with people you like
- Keeping your mind active through reading and hobbies



Alcohol use and smoking can have negative impacts on your health.

Talk to your doctor if you think you may be developing a drinking problem.

If you are a smoker and would like to stop, talk with your doctor about methods that are right for you. Resources such as the free Wisconsin Tobacco Quit Line are also available at **800-QUIT-NOW**.

It's important to follow the instructions your personal doctor gives you during your appointment.



Don't be afraid to contact your doctor if any of the following occurs.

- You don't understand or remember the instructions
- Your symptoms get worse
- You have questions or concerns about medications or tests
- You can't get the answers you need



Throughout life we must make decisions about health care. Make sure you're prepared if you are ever unable to make your wishes known. While it may be difficult to think about, this is an important conversation to have with your doctor and loved ones.

The resources below can to help you through this planning process.

- Your personal doctor
- Your county Aging and Disability Resource Center (dhs.wisconsin.gov/adrc/index.htm)
- The Wisconsin State Law Library (wilawlibrary.gov/topics/estate/poa.php)



I pledge to talk to my personal doctor about the following.

- | | |
|--|--|
| <input type="checkbox"/> Advance directive/living will | <input type="checkbox"/> Mental health/memory problems |
| <input type="checkbox"/> Medication concerns | <input type="checkbox"/> Fall prevention |
| <input type="checkbox"/> Immunizations | <input type="checkbox"/> Bladder control |
| <input type="checkbox"/> Preventive screenings | <input type="checkbox"/> Smoking and alcohol use |
| <input type="checkbox"/> Physical activity | |

(Signature)

(Date)

[illegible]



networkhealth.com

Network Health Member Experience

800-378-5234 (TTY 800-947-3529) Monday–Friday, 8 a.m. to 8 p.m.

Network Health Member Wellness

866-709-0019 (TTY 800-947-3529)

Monday–Friday, 8 a.m. to 5 p.m.

Network Health Care Management

866-709-0019 (TTY 800-947-3529)

Monday–Friday, 8 a.m. to 5 p.m.

Network Health Condition Management

866-709-0019 (TTY 800-947-3529)

Monday–Friday, 8 a.m. to 5 p.m.

Network Health Pharmacy Team

920-720-1724 (800-947-3529)

Monday–Friday, 8 a.m. to 5 p.m.