



Your Child's Health Care Appointment Planner

Child's Name:	Date of Birth:
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It's important to prepare for visits with your child's doctor(s). We know it is sometimes hard to keep track of things to do before and after your child's appointments, so we've tried to make it easier for you. Bring this appointment planner to every one of your child's doctor visits and use it to write down the things you need to do. It's also a great place to keep track of recommendations from the doctor.

This planner is for my child's appointments with: _____
Name of Doctor

Activity Checklist: Use this space to keep track of the doctor's recommendations.	Notes: Use this space to write down any special instructions.	Date Due: Place a ✓ in the box for completed activities.
[EXAMPLE] <ul style="list-style-type: none"> Bring parent evaluation to appointment Bring teacher evaluation to appointment Bring school report card to appointment 	[EXAMPLE] <ul style="list-style-type: none"> Make sure my child goes to bed on time Make note of any appetite changes 	[EXAMPLE] 1/15/14 Completed <input checked="" type="checkbox"/>
		Completed <input type="checkbox"/>
		Completed <input type="checkbox"/>
		Completed <input type="checkbox"/>
		Completed <input type="checkbox"/>
		Completed <input type="checkbox"/>

Activity Checklist: Use this space to keep track of the doctor's recommendations.	Notes: Use this space to write down any special instructions.	Date Due: Place a ✓ in the box for completed activities.
		Completed <input type="checkbox"/>

Other Questions I Want To Ask / Notes:

You can download additional Health Care Appointment Planners at www.emblemhealth.com.

The text in this worksheet is for informational purposes only. It is not a substitute for professional medical advice. Do not use the information to diagnose or treat a health problem without first consulting a qualified health care provider.