



# INTRODUCTION

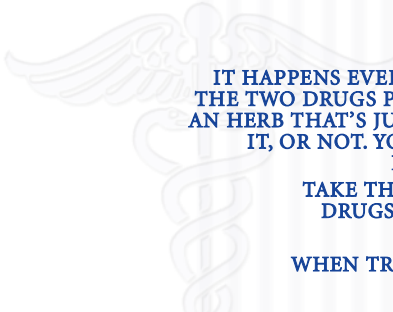
The good news is that today we know so much more about keeping ourselves, and the people we love, healthy. The bad news is that there's so much more information we need to remember and store—dates of immunizations, names of drugs, specialists for every part of the body and for diseases we've never heard of. At this point, we can't even remember the name of the herb we're taking to improve our memory. And let's face it. The older we get (and the more people we have to take care of), the longer the lists of physicians, medical insurance policies, and hospital group numbers.

And not to be petty, but nothing drives us loonier than losing our contact lenses or reading glasses and not having our prescription at hand. We've spent many an hour squinting at labels before buying a pair of those drugstore babies. An oh-so-attractive look you probably know so well.

The need to get our hands on vital numbers and information happens at the most unexpected times. While playing with her neighbor's new, adorable puppy, he not so adorably bit down on Nadine's finger. Sitting in the emergency room, contemplating a lawsuit (suing a puppy wouldn't play with a jury, would it?), Nadine couldn't answer the one question her physician asked, "When was the last time you had a tetanus shot?" Now the names and dates of her tests and shots are written in her *Ultimate Organizer* in indelible ink.

Of course, there are important diagnostic tests we're supposed to take every year. When was the last time you had a chest X-ray? But if we don't write down what the test is, when we last took it, and when the next one's due, what's the point? And can we just talk about the contents of our hospital bag before we created our checklist? Without going into details, let us simply remind you to bring your own nightgown or robe. Take it from us, when walking the halls, it does a lot to hide what the hospital gown doesn't, if you catch our drift.

Fill out our health insurance and prescription drug forms and never again have to scramble for vital information. We'll watch your back, and every other part of you as well.



# HEALTH INFORMATION

IT HAPPENS EVERY DAY. YOUR PHARMACIST CALLS; HE THINKS THERE MAY BE A PROBLEM IF YOU TAKE THE TWO DRUGS PRESCRIBED BY TWO DIFFERENT PHYSICIANS. YOU READ THE PAPERS AND CAME ACROSS AN HERB THAT'S JUST BEEN DISCOVERED TO BE HARMFUL, AND YOU CAN'T REMEMBER IF YOU ARE TAKING IT, OR NOT. YOU NEED TO KEEP THE FORMS BELOW UPDATED AT ALL TIMES. NO KIDDING, THESE FORMS COULD SAVE YOUR LIFE, OR THE LIFE OF SOMEONE YOU LOVE.

TAKE THIS LIST TO YOUR PHYSICIANS' APPOINTMENTS SO YOU CAN TELL THEM WHAT DRUGS, SUPPLEMENTS, OR HERBS YOU OR MEMBERS OF YOUR FAMILY ARE TAKING.

CARRY A LIST IN YOUR WALLET.

WHEN TRAVELING ABROAD, KNOW THE GENERIC NAME OF YOUR PRESCRIPTION DRUGS.

## SPOUSE 1: HEALTH INSURANCE

Health PROVIDER (PPO Options)	2nd PROVIDER
Group #	Group #
Subscriber #	Subscriber #
Member #	Member #
Medicare	

# PRESCRIPTION DRUGS

DRUGSTORE:  
PHARMACIST:

PHONE:  
FAX:

Brand Name	Generic Name	Physician	Dosage	Rx #	Exp. Date	# Refills

# VITAMINS, SUPPLEMENTS & HERBS

Supplement	# Per Day	AM	PM	Where Purchased

This is just a sample.

Get the complete form with The Ultimate Organizer!