Doctor Visit Notes

Patient Name	::		STAPLE
Date:			BUSINESS CARD HERE
Met with:			
Purpose:			
VITALS:			
Age:	Weight:	Blood Pressure:	
NOTES:			
Follow Up Ite	ems:		
☐ Sent	t Doctor's notes to otl	her physicians	
☐ Com	plete lab work		
☐ Pres	scription to fill		
☐ Mak	e follow-up appointm	ent	
□Othe	er:		
	lical Billing		
]	Fee for Today: \$	□ Insurance □ Co-Pa	ay: \$
Next Appoint	ment:		



Appointment Log

Who did you see?	Reason & Findings
	Who did you see?



Lab Work Log

Date	Lab Work	Reason & Findings	

Use this form to keep track of the lab work you do and the lab work that needs to be done. Certain preventive services are made available to you under the Affordable Care Act. It pays to take care of yourself.



Your Lab Results

Date	Age	Weight	Blood Pressure	Pulse	

Tracking your numbers over time allows you to identify trends. Customize this chart to your needs.



Cholesterol Chart

Date	Total Cholesterol 200-240 (pref <200)	HDL (Good) 35-45 (pref >45)	LDL (Bad) 100-160 (pref <130)	Chol/HDLC Ratio 4.5-5.5 (pref <4.5)	Triglycerides 150-400 (pref <200)	LDLC/HDLC 3-5 (pref <3)

Your cholesterol levels are a composite of triglycerides (fat levels), HDL (good cholesterol), and LDL (bad cholesterol). Interestingly enough, having high levels of HDL has the potential to reduce your risk of experiencing a heart attack or stroke. Stay on top of your cholesterol levels with regular cholesterol screenings.