

# MY COMMUNICATION JOURNAL

Record important information, questions, and thoughts here.

## Quick Reference Guide

### Keep track of your important information here.

Doctor \_\_\_\_\_

Specialty \_\_\_\_\_

Phone Number \_\_\_\_\_

Doctor \_\_\_\_\_

Specialty \_\_\_\_\_

Phone Number \_\_\_\_\_

Doctor \_\_\_\_\_

Specialty \_\_\_\_\_

Phone Number \_\_\_\_\_

Doctor \_\_\_\_\_

Specialty \_\_\_\_\_

Phone Number \_\_\_\_\_

Nurse \_\_\_\_\_

Phone Number \_\_\_\_\_

Healthcare Facility \_\_\_\_\_

Address \_\_\_\_\_

Phone Number \_\_\_\_\_

Emergency Contact \_\_\_\_\_

Phone Number \_\_\_\_\_

Insurance Carrier \_\_\_\_\_

ID \_\_\_\_\_

Phone Number \_\_\_\_\_

Insurance Carrier \_\_\_\_\_

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## Using Your Communication Journal

Use this journal to write down your thoughts, questions, and concerns. It can also help you keep track of your day-to-day experiences, which you are encouraged to share with your healthcare provider at your next appointment.



## Appointment Dates

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## Goals and Expectations

Work with your healthcare provider to help set appropriate goals and expectations. Remember to discuss how you are feeling with your healthcare provider.

### My top 4 goals

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**COMMUNICATION  
IS KEY**



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***REMEMBER TO TAKE TIME***  
**TO MEDITATE AND RELEASE STRESS**

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***IT IS IMPORTANT TO HAVE***  
**A STRONG SUPPORT GROUP TO HELP YOU**

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You are encouraged to report negative side effects of prescription drugs to the FDA. Visit [www.fda.gov/medwatch](http://www.fda.gov/medwatch) or call 1-800-FDA-1088.

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