



Health Log

www.pacostudy.org

Start Date: _____

About this book

Welcome to the PACO Health Log for Rheumatoid Arthritis patients.

The Health Log system was developed by researchers, rheumatologists, and rheumatoid arthritis patients as a tool to help improve clinic visits and to facilitate record-keeping for your own interest and benefit.

The Log has two components, which can be filled out however you find helpful: 1) this book to record your medication history, rheumatoid arthritis and other health history and additional permanent information; and 2) the Carry-Along booklet to record your daily health progress between office visits.

Produced by the PACO (Patient-Centered Outcomes) Initiative
www.pacostudy.org

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Production and design by JMF

Inside back cover (pocket)

Provider Contact Info

PRIMARY CARE PHYSICIAN

Name

Address

Phone

Email

RHEUMATOLOGIST

Name

Address

Phone

Email

OTHER SPECIALIST(S)

Name

Address

Phone

2 Email

Notes

Personal Information

Name

Address

Phone

Email

EMERGENCY CONTACT(S)

Name

Address

Phone

Email

Name

Address

Phone

Email

Notes for the Future

Long-Range Appointments (periodic tests, scheduled follow-up, etc.)

DATE/TIME	LOCATION	DETAILS

Name _____
 Address _____

 Phone _____
 Email _____

PRIMARY INSURANCE

Provider _____
 Subscriber # _____
 Address _____

 Phone _____

SECONDARY/PRESCRIPTION COVERAGE

Provider _____
 Subscriber # _____
 Address _____

 Phone _____

PHARMACY

Name _____
 Address _____

 Phone _____
 Fax _____

Health History

Other Health Problems

TYPE	DETAILS (SYMPTOMS, DIAGNOSING PHYSICIAN, CIRCUMSTANCES)
	DIAGNOSIS DATE / /
	DIAGNOSIS DATE / /
8	DIAGNOSIS DATE / /

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	DIAGNOSIS DATE / /
	DIAGNOSIS DATE / /
	DIAGNOSIS DATE / /
	DIAGNOSIS DATE / /
	DIAGNOSIS DATE / / 9

Surgeries

TYPE	DETAILS (LOCATION, SURGEON, RECOMMENDED FOLLOW-UP)
	DATE / /
	DATE / /
	DATE / /
10	DATE / /

Health History

Allergies

ALLERGEN (FOOD, DRUG, ETC.)	REACTION HISTORY (DATES, SYMPTOMS)

Arthritis Information

TYPE(S)	DETAILS (SYMPTOMS, DIAGNOSING PHYSICIAN, CIRCUMSTANCES)
	DATE OF DIAGNOSIS / / 7

