

# Patient Power™ Tips

- **Carry an up-to-date health snapshot at all times**  
(include all medications, medical conditions, allergies and EKG if relevant)
- **“Prepare and Partner” for every health care visit**  
(keep a health journal, research your condition and take a health buddy with you)
- **Keep your own personal health record**  
(get a copy of all test results, X-ray reports, hospital discharge summaries and specialist reports)
- **Set and monitor lifetime health planning goals**  
(keep track of immunizations, preventive testing and specific diseases)

\*make this information available to every pharmacist, nurse or physician who needs it

To **contact** Dr. Savard, subscribe to her free *Patient Powerline* newsletter and to download forms, please visit her website, [www.DrSavard.com](http://www.DrSavard.com).