

IF FOUND, RETURN TO

NAME: _____
ADDRESS: _____
PHONE: _____
E-MAIL: _____

MEDICAL INFORMATION

ALLERGIES: _____
MEDICATIONS: _____

EMERGENCY CONTACT PERSON

NAME: _____
RELATIONSHIP: _____
PHONE: _____
ADDRESS: _____

HEALTH CARE PROVIDERS

NAME: _____
PHONE: _____
NAME: _____
PHONE: _____
NAME: _____
PHONE: _____
NAME: _____
PHONE: _____
HEALTH INSURANCE: _____
PHONE: _____
GROUP # _____
ID #: _____

10 STEPS to a LONGER and HEALTHIER LIFE

1. HAVE A REGULAR DOCTOR OR OTHER HEALTH CARE PROVIDER.

Get regular medical care to help stay healthy.

- For free or low-cost health insurance: call HealthStat or the Child/Teen Health Program at 311.

2. BE TOBACCO-FREE.

Quit smoking and avoid second-hand smoke to prolong your life and protect those around you.

- Free help quitting: call the Smoker's Quitline at 311.

3. KEEP YOUR HEART HEALTHY.

Keep your blood pressure, cholesterol, and weight at healthy levels to prevent heart disease, stroke, diabetes, and other diseases.

- Blood pressure:** Below 120/80 is normal. If higher, consult your doctor. Above 140/90, you may need medicine.
- Cholesterol:** Total cholesterol above 240 or LDL above 160: modify your diet; you may need medicine. Smokers and people with diabetes, high blood pressure, heart disease, and others at high risk should keep levels even lower. The lower your LDL, the lower your risk of heart disease and stroke.
- Weight:** Get at least 30 minutes of moderate-to-vigorous physical activity at least 4 days a week. Find out the maximum healthy weight for your height (Body Mass Index or BMI < 25). Eat at least 5 servings a day of vegetables or fruits.

4. KNOW YOUR HIV STATUS.

Get tested for HIV. Reduce risky behaviors and use condoms to protect yourself and others.

5. GET HELP FOR DEPRESSION.

Depression can be treated. Talk to your doctor or a mental health professional.

- Call 1-800-LIFENET [1-800-543-3638] or 311 for help.

6. LIVE FREE OF DEPENDENCE ON ALCOHOL AND DRUGS.

Get help to stop alcohol and drug abuse. Recovery is possible.

- Call 1-800-LIFENET [1-800-543-3638] or 311 for help.

7. GET CHECKED FOR CANCER.

Colonoscopy, Pap smears, and mammograms save lives.

- People 50 and older (and others at high risk):* A colonoscopy every 10 years can prevent colon cancer.
- Women 18 to 65 (and others at high risk):* Regular Pap smears can prevent cervical cancer.
- Women 40 and older (and others at high risk):* Mammograms can detect breast cancer early.

8. GET THE IMMUNIZATIONS YOU NEED.

Everyone needs to be vaccinated, regardless of age.

- People 50 and older (and others at high risk):* A flu shot every year.
- People 65 and older (and others at high risk):* Pneumonia vaccine, one time.

9. MAKE YOUR HOME SAFE AND HEALTHY.

Have a home that is free from violence and free of environmental hazards.

- Domestic violence:** For help, call 1-800-621-HOPE [4673] or 311.
- Lead poisoning:** Ask your landlord to inspect and safely fix peeling paint in homes with a child under 6. Have your child tested for lead at 1 and 2 years.

10. HAVE A HEALTHY BABY.

Planning pregnancy helps ensure a healthy mother and a healthy baby.

- More information: call Women's Healthline at 311.

FOR FULL RECOMMENDATIONS, TALK TO YOUR PROVIDER.

PASSPORT to YOUR HEALTH

A PERSONAL HEALTH RECORD



CALL 311
OR VISIT NYC.GOV/HEALTH



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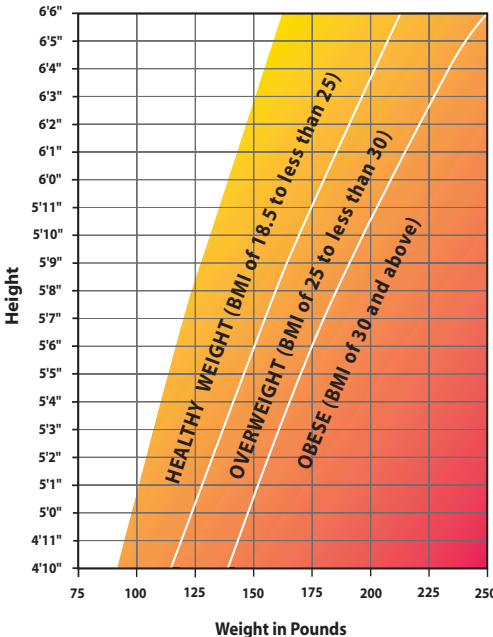
PERSONAL PREVENTION RECORD

Use this chart to keep track of your preventive care. With help from your health care provider, fill in how often you need each type of care. Write in the date and results in each box.

	DATE	RESULTS	DATE	RESULTS	DATE	RESULTS	DATE	RESULTS	DATE	RESULTS	DATE	RESULTS
Blood Pressure Every _____ months/years Target: Less than _____ / _____		/		/		/		/		/		/
Cholesterol Every _____ months/years Target LDL ("bad") cholesterol: Less than _____		TOTAL LDL HDL		TOTAL LDL HDL		TOTAL LDL HDL		TOTAL LDL HDL		TOTAL LDL HDL		TOTAL LDL HDL
Weight Every _____ months/years Healthy wt: Less than _____ Target wt: Less than _____		WT BMI		WT BMI		WT BMI		WT BMI		WT BMI		WT BMI
Colonoscopy to Prevent Colon Cancer (or Other Screening Test) People 50 and older (and others at high risk): every _____ years												
Pap Smear to Prevent Cervical Cancer Women 18 to 65 (and others at high risk): every _____ years												
Mammogram to Detect Breast Cancer Women 40 and older (and others at high risk): every _____ years												
Influenza Vaccine People 50 and older (and others at high risk): every year												
Pneumonia Vaccine People 65 and older (and others at high risk): one time			Other Vaccines Your Doctor May Recommend Vaccine: _____ Date: _____ Vaccine: _____ Date: _____									
Tetanus (Td) Vaccine Every 10 years					Vaccine: _____ Date: _____ Vaccine: _____ Date: _____							

ARE YOU AT A HEALTHY WEIGHT?

Find the point where your height and weight meet.



BMI is a general measure and healthy limits may vary for some groups.

To calculate BMI, visit <http://nhlbisupport.com/bmi/>