

My Health Care Visit Tracker



This table will help you keep a record of your medical visits with different health care providers. Fill out this table after your health care visits. Please ask for help to fill out this table if you need it.

Appointment date	Type of health care provider (e.g., Family Doctor, Specialist Doctor, Counsellor, Physiotherapist, etc.)	Health care provider's name	Did I fill out the "My Health Care Visit" form?	Additional Notes (Please add any information that was not recorded in the "My Health Care Visit" form)
			<input type="checkbox"/>	



You can print out a new copy of this page when you have completed this sheet.

Download this form and find more resources! www.burnabypcn.ca/developmental-disabilities