

The National Women's Health Information Center presents

Women's Steps to a HealthierUS

Wellness Starts with You!

2004 Daybook



www.4woman.gov
800-994-WOMAN (9662)
TDD: 888-220-5446



Name _____
Address _____
Phone _____
E-mail _____

Emergency Medical Information

Blood Type _____ Allergies _____
Hospital Preference _____
Address _____ Phone _____
Urgent Care Center _____
Address _____ Phone _____
My Doctor _____

Nearest relative or friend to call (listed in the order I would like them to be called)

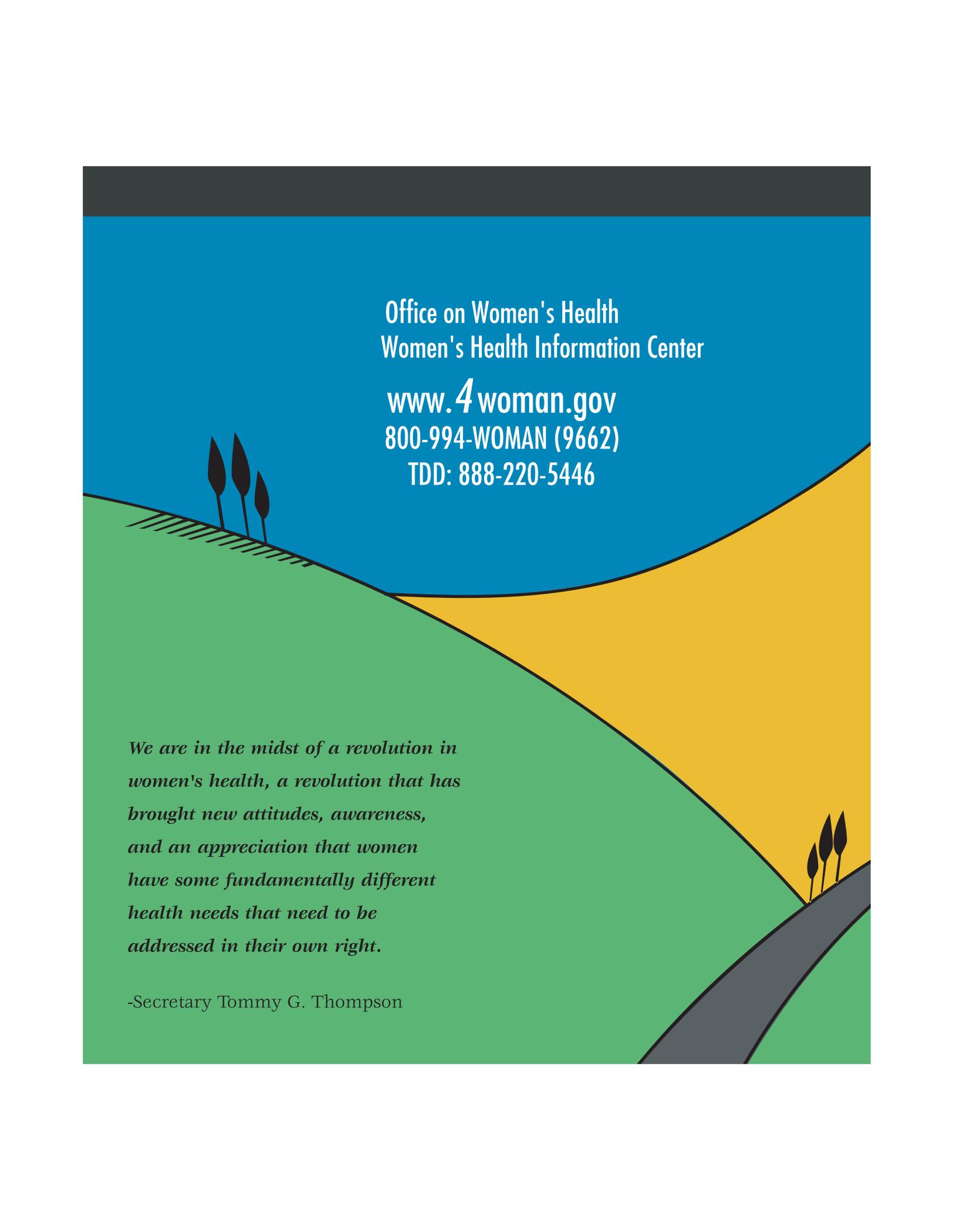
Name _____ Phone _____
Address _____
Name _____ Phone _____
Address _____

I have designated Durable Power of Attorney for Health Care (someone [health care agent] who makes decisions if you aren't able to):

My Health Care Agent _____ Phone _____
Living Will _____

I have designated Financial Power of Attorney (someone who controls your finances and assets if you become physically or mentally unable to do it yourself):

My Attorney _____
My Court-Appointed Guardian _____
Current Medications _____



Office on Women's Health
Women's Health Information Center

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We are in the midst of a revolution in women's health, a revolution that has brought new attitudes, awareness, and an appreciation that women have some fundamentally different health needs that need to be addressed in their own right.

-Secretary Tommy G. Thompson