

# Personal Health Care Journal



**STATE  WIDE**

**New York StateWide Senior Action Council, Inc.**  
275 State Street, Albany, NY 12210 • 800-333-4374 • Fax (518) 436-7642  
[www.nysenior.org](http://www.nysenior.org)

- **Protect Your Personal Information**
  - Treat your Medicare, Medicaid and Social Security numbers like a credit card number.
  - Remember, Medicare will not call you or visit you to sell you anything!
  - Save Medicare Summary Notices (MSN) and Part D Explanations of Benefits (EOB), but shred them when they are no longer useful.
- **Detect Errors, Fraud and Abuse**
  - Always review your Medicare Summary Notice and Part D Explanation of Benefits for mistakes.
  - Compare them to prescription drug receipts and your record in this journal.
  - Visit [www.mymedicare.gov](http://www.mymedicare.gov) to access your Medicare account online.  
Make sure to look for: Charges for something you didn't get, billing for the same thing twice and services that were not ordered by your doctor.
- **Report Mistakes or Questions**
  - If you suspect errors, fraud or abuse, report it immediately! Call your provider or plan first. If you are not satisfied with their response, call your local SMP.

## Directions for using your personal journal...

- Take this journal to all your appointments.
- Ask yourself these questions before your health care appointment:
  - Is this appointment going to be covered by Medicare or my other insurance?
  - What are my symptoms? When did they start? What makes them better or worse?
  - What over-the-counter or prescription medications am I taking?
- Write down the answer to these questions, as well as what happens during your visit, in this journal.
  - Make sure that you understand what your physician is telling you before leaving your appointment. If you don't, ask them to try to explain what they are telling you in a different way.
- Take this journal with you when you travel, in case of emergency.
- Use this journal when checking your Medicare and health care paperwork for accuracy.

## Important Contacts

Your Local SMP - NY StateWide Senior Action Council 800-333-4374

Quality of Care Concerns? Contact LIVANTA 866-815-5440

Social Security Administration  
800-772-1213  
800-325-0778 TTY

Centers for Medicare & Medicaid Services (CMS)  
800-MEDICARE 1-800-633-4227  
800-486-2048 TTY

NYS Office of the Attorney General:

General Hotline 800-771-7755

Health Care Bureau 800-428-9071

Medicaid Fraud Control Unit 212-417-5397

NYS Consumer Protection Board 800-697-1220

Health Insurance Information Counseling & Assistance 800-701-0501

SMP Locator [www.smpresource.org](http://www.smpresource.org)

## Personal Information

Name: \_\_\_\_\_

Doctor's Name: \_\_\_\_\_

Clinic Name: \_\_\_\_\_ Phone Number: (    ) \_\_\_\_\_

Clinic Address: \_\_\_\_\_

City, State, and Zip: \_\_\_\_\_

Pharmacist Name: \_\_\_\_\_ Phone Number: (    ) \_\_\_\_\_

Emergency Contact: \_\_\_\_\_ Phone Number: (    ) \_\_\_\_\_

*If lost, please return to doctor's office.*





## Personal Habits

Do you:

Drink Alcohol: [ ] drinks per day      Exercise: [ ] minutes per week

Currently Smoke: [ ] packs a day      Have smoked for [ ] years

## Allergies

Date	Allergic to what?	Symptoms/Reactions



## Family History & Health Problems/Conditions

Condition	When <b>Patient</b> was Diagnosed	Parent or Sibling with Condition?
Asthma:		
Cancer, Type:		
Diabetes, Type:    1    2		
Heart Disease:		
High Blood Pressure:		
High Cholesterol:		
Stroke:		
Chronic Conditions:		
Depression:		
Dementia:		









Date

Physician/Care Provider

Question/Symptoms/Problems

Answers/Explanations



Services received (check-up, physical therapy, etc.)



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Care Plan/Special Instructions from Doctor


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Personal Health Data

Weight:


Blood Pressure:

Cholesterol:


Blood Sugar:

Date

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Your local SMP Program offers the following:

- SCREENING health care bills or Medicare Summary Notices for possible errors, or overt fraud and abuse of Medicare and Medicaid programs.
- INFORMATION about how to protect yourself, report and respond to health care scams.
- ASSISTANCE with contacting your doctor or other health care providers to discuss billing problems if you are not comfortable doing it yourself.
- PRESENTATIONS to Community Groups.

# Directions



Take this journal to all your appointments.



Take this journal with you when you travel, in case of emergency.



Use this journal when checking your Medicare Summary Notices and Explanations of Benefits for accuracy.

## **NY StateWide Senior Action Council**

is a not-for-profit grassroots membership organization made up of individuals and organizations with an interest in improving the lives of senior citizens.

For more information, visit our Website at:

**[www.nysenior.org](http://www.nysenior.org)**

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**Patient's Rights, Medicare,  
Medicare Fraud, EPIC Helpline**

**800-333-4374**

This project was supported, in part by grant number 90MPPG0010-01-00, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201. Grantees undertaking projects under government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official Administration for Community Living policy.