

This journal is supported, in part, by the Centers for Medicare and Medicaid Services, and the Department of Health and Human Services. Projects under government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official Centers for Medicare and Medicaid Services Policy.

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Richmond, VA 23229
Toll-Free: 1-800-552-3402
(Nationwide Voice/TTY)
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Fax: (804) 662-9354
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Virginia
department
for the
Aging



Virginia Association of Area Agencies on Aging (V4A)
24 East Cary Street, Suite 100
Richmond, Virginia 23219
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E-mail: Info@theV4A.org
Web Site: www.VAAA.org

VAAA



Monthly Personal Health Care Journal

A Record for Keeping Track of Your Health Care

NOVEMBER 2005

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Appointment date & time 11 / 4 at 2 pm Care provider Dr. John Smith

Reason for visit Check broken arm

What did doctor/care provider do? Took x-ray (2 views) of broken arm

Co-payment
\$15

Appointment date & time 11 / 14 at 10 am Care provider Dr. John Smith

Reason for visit Check broken arm

What did doctor/care provider do? Took off cast, x-rayed arm (2 views)

Co-payment
\$15

Appointment date & time _____ Care provider _____

Reason for visit _____

What did doctor/care provider do? _____

Co-payment

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Co-payment

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Co-payment

Appointment date & time _____ Care provider _____

Reason for visit _____

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Co-payment

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Co-payment

Appointment date & time _____ Care provider _____

Reason for visit _____

What did doctor/care provider do? _____

Co-payment

MARCH 2007

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
FEBRUARY 2007 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28	APRIL 2007 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30			1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Monthly Personal Health Care Journal

Appointment date & time _____ Care provider _____

Reason for visit _____

What did doctor/care provider do? _____

Co-payment

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