

YOUR HEALTH CARE INFORMATION

The purpose of this section is to help you keep all of your medical information organized.

In this Section

- **Blood Phenylalanine Level Record**
Use this form to record your child's blood levels, as well as comments that might be of importance (such as, if your child has been ill)
- **Growth Record and Growth Charts**
Use this to record and monitor your child's height and weight.
- **Health care provider information**
This form will help to organize information about all of your child's health care providers. List medical record number(s) as well as contact information for each provider.
- **Insurance information**
Use this form to record information about your health insurance. You may want to add instructions for filing a claim and/or the telephone numbers of the people at the insurance company who can answer questions.
- **Medical expenses**
Use this form to record your medical expenses. You can list expenses related to clinic visits, medications, and formula. You may want to add pockets to this section to file bills and receipts. You may be able to deduct these as "medical expenses" for tax purposes.
- **Emergency contact information**
This summary is useful in case of an emergency. Some families find it helpful to distribute this form to child care providers. Some of the information may not be relevant to your family; we've included as much information as we could.
- **Immunization guidelines, schedule, and record**
Use the schedule as a guideline, and keep an ongoing record of any immunizations your child receives using the form provided.
- **Transitions—looking ahead**



Cristine M. Trahms Program for Phenylketonuria
University of Washington - CHDD - Box 357920, Seattle, WA 98195

(206) 598-1800, Toll Free in Washington State 877-685-3015
<http://depts.washington.edu/pku>

In the Pocket

*Medical Home – Medical Home is Not a Building or a Place
A Healthy Mouth for your Baby*

Things to Add

- Annual Nutrition Assessments and Star Charts from the PKU Clinic
- Information given to you by your child's doctor
- Special instructions from your child's doctor or nutritionist
- Records of any immunizations your child receives
- Questions you have for your child's doctor (write these on the pages included in this section and ask your doctor about them at your next visit)
- Information about family support resources, including parent support groups, service organizations, religious organizations, and counseling services
- Information about child care providers
- Information about school health care providers (e.g., contact information for the school and the school or district nurse)



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