

My Health Care and Business Professionals

Resource Kit

Click the underlined words in each activity to explore the online resource kit. The resource kit provides definitions and links to research-based websites, services, resources, tools, videos, and more!

[MywellHealth.info](https://mywellhealth.info)

Write your full name & date completed/updated here:
(It will automatically appear on every page)

My Health Care and Business Professionals

It is a good idea to keep up to date contact information for your health care and other important professionals in one place. For each of them, list the type of care or services they provide so you will know who to call when you have specific concerns or problems.

Tip: Make sure your family and care partners know where this list is saved and who to call on your behalf if needed. Keep a print copy near your phone. Learn how to have a digital copy so you can access it 24/7.

My Health Care Professionals		
Role	Name Phone and/or Email	What is their role and specialty? How do they help you? Date of last visit?
Family <u>Physician</u>		
<u>Nurse Practitioner</u>		
<u>Specialist</u>		
Specialist		
Specialist		
Specialist		
<u>Acupuncturist</u>		
<u>Audiologist</u>		
<u>Case Worker</u>		

My Health Care Professionals (2)		
Role	Name Phone and/or Email	What is their role? How do they help you? Date of last visit?
<u>Care Coordinator</u>		
<u>Clinical Counsellor</u>		
<u>Dental Care</u>		
<u>Dietitian</u>		
<u>Geriatrician</u>		
<u>Hearing Clinic</u>		
<u>Naturopath</u>		
<u>Occupational Therapist</u>		
<u>Ophthalmologist</u>		
<u>Optometrist</u>		
<u>Pharmacist</u>		
<u>Physiotherapist</u>		
<u>Podiatrist</u>		

My Health Care Professionals (3)		
Role	Name Phone and/or Email	What is their role? How do they help you? Date of last visit?
<u>Psychiatrist</u>		
<u>Psychologist</u>		
<u>Registered Massage Therapist</u>		
<u>Social Worker</u>		
<u>Vision Clinic</u>		

My Business Professionals		
Role	Name Phone and/or Email	What is their role? How do they help you? Date of last visit?
<u>Accountant</u>		
Bank Contact		
Bookkeeper		
<u>Financial Planner</u>		
Life Insurance Agent		
Home Insurance Agent		
Lawyer		
<u>Notary</u>		
<u>Power of Attorney (Enduring)</u>		

Notes for My Health Care & Business Professionals

Use the 'Notes for My People' as needed. It keeps all your thoughts, questions, and things to do in one place. Might be a place to list ideas, services, and resources you like.

Date	A place to record your thoughts, questions, and learning

Notes	
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