



# The Diabetes Personal Health Record

Use the charts provided here to record your personal health details including the dates and results of your regular check-ups. Please use the Personal Health Record as a reminder of when your next doctor's visit is due.

## Your details

Policy number

Medicare number

Surname

First name

Initial

Title

Contact person in an emergency

Contact's phone number











Doctor's details

Name

Address

Postcode

Phone number

Mobile phone number

Email address (if available)

**133 234**

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G012360 05/07