

Care dashboard

For Alex · as of Thursday, October 15

An organiser for your own notes, not medical advice. Follow your doctor's and pharmacist's instructions.

Coming up	
Next appointment	2026-10-15
with	Pharmacy
who's taking them	Jordan
Appointments in the next 14 days	3
Medicines on the list	5
Refills due in the next 7 days	2

This week	
Check-ins in the last 7 days	6
Follow-ups flagged (last 14 days)	2
Bills overdue	1
Bills due in the next 7 days	2
Amount still to pay	\$1,031.60
Contacts saved	9

Upcoming appointments

When	With		What for	Who's taking them
2026-10-15	Pharmacy		Pick up refill	Jordan
2026-10-18	Dr. Example (primary)		Follow-up	Sam
2026-10-24	Physical therapy		Knee exercises	Alex
2026-10-31	Cardiology		Yearly review	Sam
2026-11-14	Hearing clinic		Hearing test	Jordan

Medication list (copy exactly as written)

An organiser for your own notes, not medical advice. Follow your doctor's and pharmacist's instructions.

Copy name, strength and instructions from the label or the doctor's note. This list never calculates or suggests a dose. Ask the pharmacist to check it.

[illegible]

Family Caregiver Organizer

An organiser for your own notes, not medical advice. Follow your doctor's and pharmacist's instructions.

Keep a copy on the fridge and one in the hospital bag.

NAME · DATE OF BIRTH
ADDRESS
ALLERGIES (AS TOLD BY THE DOCTOR)
MAIN FAMILY CONTACTS
PRIMARY DOCTOR · PHONE
PHARMACY · PHONE
INSURANCE · MEMBER ID
MEDICATION LIST KEPT AT

In an emergency call your local emergency number first.

Copy exactly from the label or the doctor's note. Ask the pharmacist to check this list.

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[illegible]