



*We care for Wisconsin.*

UNDERWRITTEN BY WPS HEALTH PLAN, INC.

[www.WeCareForWisconsin.com](http://www.WeCareForWisconsin.com)

## Personal Health Record

For \_\_\_\_\_

*Please keep your personal health record with you  
and bring to your health care appointments.*

Talk with your health care provider about how frequently you  
need preventive care based upon your personal history.

Enter the date of your preventive care by updating  
your health information after each visit.

Go to [www.WeCareForWisconsin.com](http://www.WeCareForWisconsin.com) for  
our recommended schedule for preventive  
screenings and other health information.

	<b>Initial Test</b>	<b>Update #1</b>	<b>Update #2</b>	<b>Update #3</b>
<b>Date</b>				
<b>Preventive Exam</b>				
<b>Height</b>				
<b>Weight</b>				
<b>Blood Pressure Reading</b>				
<b>Health Risk Assessment</b>				
<b>Hearing Exam</b>				
<b>Vision Exam</b>				
<b>Influenza Vaccine</b>				
<b>Tetanus Vaccine</b>				
<b>Prostate Exam</b>				
<b>Colonoscopy</b>				
<b>Mammogram</b>				
<b>Pap Smear</b>				
<b>Total Cholesterol</b>				
<b>HDL</b>				
<b>LDL</b>				
<b>Triglycerides</b>				
<b>Other:</b>				