



We care for Wisconsin.

UNDERWRITTEN BY WPS HEALTH PLAN, INC.

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 for
our recommended schedule for preventive
screenings and other health information.

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