



## **BETTER TOGETHER MEDICAL MANUAL**

*\*Here is your **Better Together Medical Manual**. This manual is home to all the important medical information you could ever need for you and your family, and all in one place. Maria keeps a hard copy in her kitchen & copy on her phone\**

**Better Together With Maria Menounos**  
**Your Daily Life Improvement Show**  
**On YouTube, Apple Podcast & Spotify**



## **BETTER TOGETHER MEDICAL MANUAL**

(CROSS OUT ANYTHING THAT DOESN'T APPLY THIS IS JUST TO GET YOU STARTED, AND BE SURE TO ADD ANYTHING THAT WE MISSED)

### **FAMILY MEMBER:**

**PARENT A (LEGAL NAME):**

**DOB:**

**SS #:**

**INSURANCE INFO AND ID:**

**SUPPLEMENTAL INSURANCE:**

**MEDICARE ID #:**

**HEALTH CONCERNS?**

**(EX: HYPOTHYROID, DIABETIC)**

**ALLERGIES:**

**PRESCRIPTIONS:**

**MEDICAL SUPPLY COMPANIES + NUMBERS:**

**(EX: DEXCOM FOR A DIABETIC)**

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### **PARENT A DOCTORS:**

PRIMARY CARE DOC	
ENDOCRINOLOGIST	
CARDIOLOGIST	
GYNECOLOGIST	
DERMATOLOGIST	
DENTIST	
CHIROPRACTOR	

### **PARENT B (LEGAL NAME):**

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## **BETTER TOGETHER MEDICAL MANUAL**


**CHILD A (LEGAL NAME):**

**DOB:**

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