

Health Trackers (How to Organize Health & Medical Information)

What is a health tracker?

When your child has many health care needs, it can be hard to remember everything. Having a way to organize information and keep good records can help. It can also help you save time. A health tracker is a way to keep track of this information. Health trackers are also called health logs or care notebooks.

Why should I track my child's health information?

There will be times when you need to have your child's up-to-date health information quickly.

- **Katie Beckett Program.** Katie Beckett is a Wisconsin program. It is for some children with special health care needs (SHCN) who live in the state. This may include children with Down syndrome, Cerebral Palsy, etc. Many families who have children with special health care needs can qualify. An application is needed. If your child is enrolled in the program, you must re-apply every year. Having a health tracker can make the review process easier and faster.
- **SSI.** Your child may be eligible for supplemental Social Security income (SSI) after turning 18 years old. The application requires very detailed health information.
- **Transfer of Care.** Future guardians, caregivers or siblings will need accurate health information. Health information is also helpful when care is being switched from one doctor to another. Or when moving from a pediatric to adult doctor. Having correct health information is very important for good care.
- **School.** Most schools update health forms each year. A health tracker can save time when filling out the forms.
- **Special Needs Camp.** Filling out a camp application will be easier if you have a health tracker.

What information should I track?

It is a good idea to keep track of:

- What kinds and how much medicine your child takes
- Immunizations.
- Hospital stays & surgeries.
- Allergies. What sets off (triggers) your child's allergies, and what happens?
- Lab tests
- Health care provider names and phone numbers. .
- Procedures & x-rays.

Where can I find tools to help track health information?

- Children’s Hospital of Wisconsin has forms on their web site that can be downloaded. You can put these forms in a binder to make your own care notebook. Go to www.chw.org. Type “care notebook” in the search box. Then pick “teaching sheets” into the box next to it. You will find a list of tracking forms that can be downloaded to your computer and printed.
- http://www.medicalhomeinfo.org/for_families/care_notebook/ – The American Academy of Pediatrics (AAP) web site has a section that helps parents make their own care notebook. The site will link you to hospitals that let you download tracking sheets from their web site. Families can choose forms that make the most sense for their child. These forms are in both English and Spanish.
- The Daniel M. Soref Family Resource Center. The Center is on the first floor of Children’s Hospital of Wisconsin. Center staff can help you find and put together information and tracking forms. They have Care Notebook binders as well. Forms are available in English and Spanish. For more information call 414-266-6333.

This teaching sheet is meant to help you care for your child. It does not take the place of medical care. Talk with your healthcare provider for diagnosis, treatment, and follow-up.