



Another way to manage your lupus is keeping your healthcare team informed. Use this worksheet to keep track of your healthcare providers and the medications you take regularly. **This provides valuable information that your team needs to help you get the most out of your care.**

Fill this out, and make copies for each member of your healthcare team.

## MY HEALTHCARE TEAM

### Doctor/Specialist

### Name

### Phone



 Rheumatologist

\_\_\_\_\_

\_\_\_\_\_



 Primary Care

\_\_\_\_\_

\_\_\_\_\_



 Nephrologist

\_\_\_\_\_

\_\_\_\_\_



 Gastroenterologist

\_\_\_\_\_

\_\_\_\_\_



 Dermatologist

\_\_\_\_\_

\_\_\_\_\_



 Orthopedist

\_\_\_\_\_

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 Neurologist

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## MY MEDICINES

### Medicine

### Dose

### How Often

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**UsinLupus.com** has great resources, including a free **Lupus Journal**, the **Lupus Log**, the **Appointment Prep Guide**, and the **Lupus Tracker**.

