

Personal information

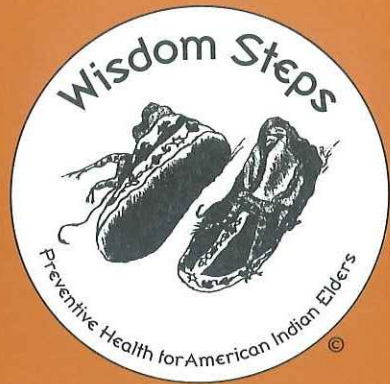
Name: _____

Phone #: _____

Contact Person: _____

Phone #: _____

Allergies: _____



Wisdom Steps

Preventive Health for American Indian Elders

Our Elders are our teachers. It is important that our Elders be mindful of their health.

As an Elder, you can do a few simple things that can help you be healthier and set a good example for others.

- See your physician or health services to do a basic health screening. Use this health record as a guide.

- Take part in activities that promote health. Attend your Reservation/Urban/Regional Health Fair.

- Improve your diet.
- Start an exercise program
- Participate in a Wisdom

Steps Walk or an organized community walk.

Little steps can make a big difference in your life and the life of your community.

A Partnership with the Minnesota Board on Aging and American Indian Communities
DHS-4113 4-04

Health Record

Health screenings	Date & results of reading									Health screenings, continued	Date & results of reading								
	Yr:			Yr:			Yr:				Yr:			Yr:					
*Blood Pressure										Hearing									
*Blood Glucose										Vision/Glaucoma									
*Cholesterol										Foot Clinic									
*Weight										Dental									
Colon										Flu Shot									
Prostate										Pneumovax									
Mammogram										Medicine Talk									
Pap Smear										Mental Health									
Organized Walk/ Routine Exercise										Health Fair/ Health Education									