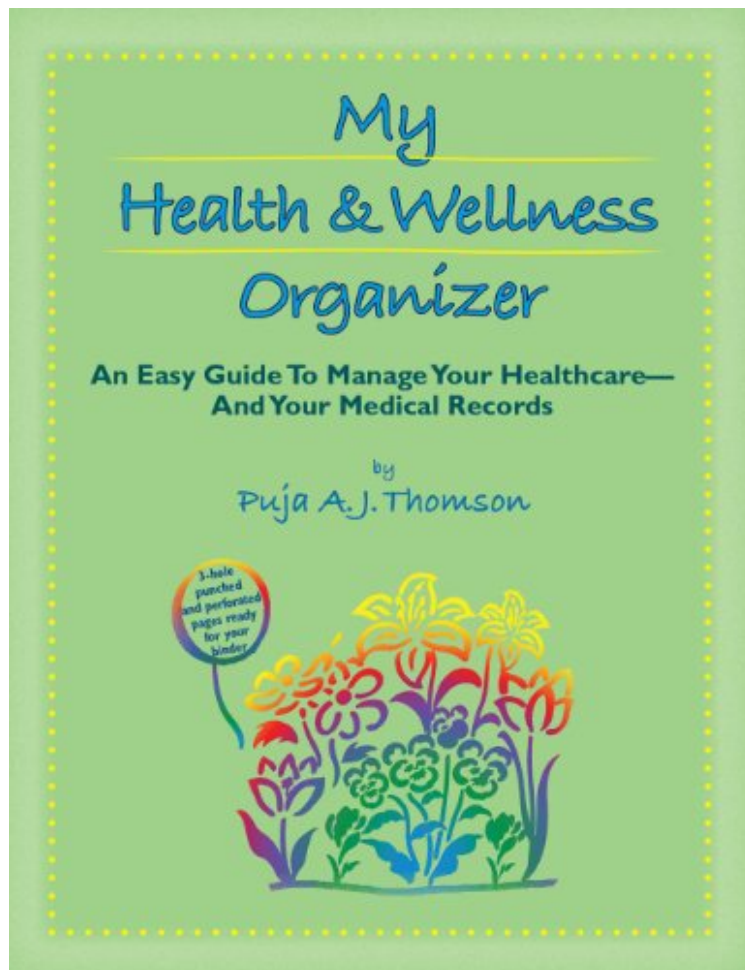


(Mobile book) My Health Wellness Organizer:An easy guide to manage your healthcare - and your medical records

## My Health Wellness Organizer:An easy guide to manage your healthcare - and your medical records

*Puja A. J. Thomson*

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**Puja A. J. Thomson : My Health Wellness Organizer:An easy guide to manage your healthcare - and your medical records** before purchasing it in order to gage whether or not it would be worth my time, and all praised My Health Wellness Organizer:An easy guide to manage your healthcare - and your medical records:

0 of 0 people found the following review helpful. Extremely HelpfulBy CustomerGoing through a cancer diagnosis is hard enough without the added stress of keeping all of your records together. With ldquo;My Health Wellness Organizer: An easy guide to manage your healthcaremdash;and your medical recordsrdquo;, yoursquo;ll have a clear guideline on how to handle the new burden of keeping up with doctor appointments, medical advice, and help you keep track of all your questions. This book lessens the burden and can help you focus on the most important thing: healing.1 of 1 people found the following review helpful. Great resource. Glad to find something that can compile ...By Nancy V. HartGreat resource. Glad to find something that can compile all information.

**My Health Wellness Organizer:** An easy guide to manage your healthcare and your medical records. It is perfect for patients, families, caregivers and for health professionals to offer their patients. It is suitable for any health concern, and it offers you: **CLARITY** It contains essential questions to ask, easy-to-fill-out pages, and an effective format to chart your choices. The workbook is designed to easily record and find your information. **EMPOWERMENT** The step-by-step tools help guide your medical decision making along with practical encouragement for billing and insurance record keeping.

After my own hospitalization and a long illness, managing my records was overwhelming. My Health Wellness Organizer helped me create order, even when it was difficult to focus. Its workbook-like format provides so many detailed tips, questions to ask, and useful forms to fill out. I deal daily with families of patients in critical care and I have no doubt that this exceptional resource will benefit those who may be making healthcare decisions for an ill or incapacitated parent, partner or child. --Martha Rossi-Novak, RN, CCRN, Medical Intensive Care Unit, Montefiore Medical Center

My Health Wellness Organizer is a must for anyone facing a chronic illness requiring visits to a variety of health care practitioners. It will help you to sort out and record in one place the details of your medical care. As you walk through the maze of the health care system which can sometimes be like a minefield, this organizer can help prevent you from stepping on a mine that might result in duplication of tests and increased expenses. I wholeheartedly recommend this excellent patient guide as you navigate your journey back to health and well-being. -- Dr. Kenneth Harris, DC Director of Waldwick Wellness Center

In our technological medical world, when chronic disease or unexpected illness strikes, we are left disempowered and often feel helpless as to what we can do to support our healing process. Puja Thomson has gifted us with not only her deep wisdom, but just as importantly, a step by step practical guide to organize our journey to wellness. In my own practice as an acupuncturist and herbalist, I see patients constantly grappling not only with their illnesses, but also with the chaos the illness brings with it. A chronic arthritic complaint, an auto-immune disease, or cancer, may bring them in for treatment. However, patients often leave my office and lose the benefits of the treatment by having to deal with insurance companies, as well as trying to locate old records and keep track of the new ones that accumulate so rapidly. As we are working to create a clear and relaxed place to allow healing, these worries add more stress. I am delighted that there is now an organizer which benefits not only those dealing personally with illness, but their families and friends as well. My Health Wellness Organizer is indeed an easy guide to manage your medical records. It provides a clear structure so that all your bills, forms, phone numbers, past health and current treatment information will be available immediately at your fingertips in a simple three-ring binder. By using this powerful roadmap to organize your resources and information, you can create clarity out of chaos, and focus on healing. Allow this book to support your health and simplify your life. --Jason Elias MA, LMT, LAC, DIPL. OM, Author of *Feminine Healing*, *The A to Z Guide to Herbal Remedies and Chinese Medicine for Maximum Immunity*

From the Back Cover It's time to take charge of your medical records.