

Daily Journal



Use the Daily Journal to keep all of your important information in one place while keeping track of your:

General Patient Information
Hemoglobin Type & Blood Type
Antibody Status
Baseline Information: (CBC, Hgb, Hct, Retic, etc.)
Allergies
Insurance Provider
Physician Telephone Number(s)
Emergency Contact(s)
and More!

If you have SCD, this free Daily Journal allows you to keep track of your health, medical appointments, medications and other significant information. Most importantly, it will allow you to **communicate more effectively with your health care provider** as you will have detailed information on the steps you took to manage sickle cell disease at home.

Available **FREE** of charge to any person with sickle cell disease, the Daily Journal can help to make living with sickle cell disease a bit easier.



For information about this journal or to order copies, please contact the:

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