

## MY HEALTHCARE TEAM



Write down your healthcare providers' names and contact information. This will make it easier for you and your loved ones to communicate with your healthcare team. If you consult multiple healthcare providers, you may want to write down who you see, for what reason and how often.

HEALTHCARE PROFESSIONAL	NAME	PHONE	E-MAIL* (if applicable)
Primary Care Physician			
Pain Specialist			
Nurse			
Social Worker			
Pharmacist			
Other			
Pharmacy			
24-hour Pharmacy			

*\*If you choose to e-mail your healthcare provider, keep it brief (no more than 100 words) and be specific about your concerns (e.g., clarification about a prescription, occurrence of side effects, etc.). Note: your provider will not be able to diagnose problems by e-mail.*

Take note of other resources you turn to for pain relief (e.g., chiropractor, massage therapist, nutritionist, fitness center):

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**Remember, YOU are a central part of your healthcare team.**

Visit [www.painfoundation.org](http://www.painfoundation.org) to print additional pages.