

# Keep Track of Your Healthcare Team

As you continue your journey with ALS and work with your healthcare team or ALS clinic, you're going to come across many healthcare providers. It's important to keep their contact information in a centralized location so you can reference the right person when needed.

For each person you meet, it's important to write down the following information:

**Name:** ex. John Smith

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**Specialty:** ex. Respiratory therapist

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**Contact Information:** ex. 555-5555, JohnSmith@email.com

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**Notes:** Use this area to fill in any important information provided by your healthcare provider(s), such as tips, instructions, or next steps.

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*It's important to have a personalized plan for managing ALS.*



Name:

Specialty:

Contact Information:

Notes:

Name:

Specialty:

Contact Information:

Notes:

Name:

Specialty:

Contact Information:

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Name:

Specialty:

Contact Information:

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Name:

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