
Worksheet 6. The Page to Bring to Your Doctor

One page instead of three months of raw data (Chapters 5, 10, 11, 15).

Chest pain, breathlessness, fainting, weakness or numbness on one side, trouble speaking: call emergency services, don't wait for the device.

Why I'm here (a sentence or two)

Symptoms: what, when they started, how long, what I was doing

Device alerts: name, date and time (with screenshots)

ECG recordings (exported as PDF) ☐ yes ☐ no

My usual levels (baseline)

Levels when the problem started

Cuff blood pressure: average of 3–7 days, first day discarded

Medicines I take

Implanted device (pacemaker, defibrillator) ☐ yes ☐ no

Questions I want to ask:
