

# 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:*

**Sickle Cell Disease Foundation of California**

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*The California HealthCare Foundation, based in Oakland, California, is a non-profit philanthropic organization whose mission is to expand access to affordable, quality health care for underserved individuals and communities, and to promote fundamental improvements in the health status of the people of California.*