

□ □ Worksheet – Tutorial 33: Using AI to Manage Chronic Conditions and Medical Records

Name: _____

Date: _____

Part 1: My Health Summary

- Primary medical condition(s):

- Current medications: _____
- Allergies: _____
- Emergency contact: _____

Part 2: My Health Tracking

Health Item	How Often?	Last Updated
Blood Pressure	_____	_____
Blood Sugar	_____	_____
Weight	_____	_____
Symptoms	_____	_____

Part 3: AI Practice

Write one AI prompt you will use:

Part 4: Preparing for My Doctor

List three questions for your next appointment:

1. _____

- 2.
- 3.

Part 5: My Medical Records Checklist

- ☐ Medication list
- ☐ Allergies
- ☐ Medical conditions
- ☐ Recent test results
- ☐ Doctor contact details
- ☐ Appointment calendar
- ☐ Emergency information
- ☐ Health insurance details

Reflection

- One thing AI can help me organize:

- One thing I will always discuss with my healthcare provider:

Remember: AI is a helpful assistant for organizing and understanding information—it does **not** replace professional medical advice.