KALE VINE

The Medical Binder

Your entire health story. Organized. In one place.

30+ pages. 800+ fillable fields. 13 sections. Built for chronically ill patients.

13 sections inside this PDF:

- Personal Profile and Emergency Contacts
- Your Healthcare Team (providers, contacts, specialties)
- Medical History and Diagnoses Timeline
- Current Medications and Dosages
- Allergy List with Reaction Details
- Symptom Tracker and Flare Log
- Appointment Prep and Post-Visit Debrief
- Lab Results Tracker
- Imaging and Procedures Log
- Advocacy Notes and Patterns
- Insurance and Claims Tracker
- Progress and Wins Journal

PREVIEW — 5 PAGES

Full PDF ($22) at kalevine.com/shop

Personal Profile

Fill this in once. Share it at any new appointment instead of repeating yourself from scratch.

FULL NAME

DATE OF BIRTH

PREFERRED NAME

PRONOUNS

PHONE NUMBER

EMAIL

HOME ADDRESS

EMERGENCY CONTACT NAME

RELATIONSHIP

EMERGENCY CONTACT PHONE

ALTERNATE CONTACT PHONE

PRIMARY INSURANCE PROVIDER AND POLICY NUMBER

SECONDARY INSURANCE (IF APPLICABLE)

IMPORTANT NOTES FOR EMERGENCY RESPONDERS

Primary Diagnoses

DIAGNOSIS 1

YEAR DIAGNOSED

DIAGNOSIS 2

YEAR DIAGNOSED

DIAGNOSIS 3

YEAR DIAGNOSED

Current Medications

Carry this list everywhere. It matters in an emergency, and at every single appointment.

MEDICATION NAME	DOSE + FREQUENCY	PRESCRIBING DOCTOR	PURPOSE

NOTES ABOUT MEDICATIONS (SIDE EFFECTS, TIMING, INTERACTIONS)

More sections inside the full binder:

SYMPTOM TRACKER

- Rate severity on a scale of 1-10
- Track triggers, timing, and what helps
- Monthly flare log with space for patterns

LAB RESULTS TRACKER

- Date, test name, result, and reference range
- Space to note what your doctor said
- Track trends across multiple panels

ADVOCACY NOTES

- Document when you were dismissed or ignored
- Track patterns that you can bring back to future appointments
- Space to write what you wish you had said

PROGRESS AND WINS

- Celebrate small wins in your health journey
- Track what treatments have helped
- Notes section for hope and momentum

Your health story deserves to be organized.

30+ pages. 800+ fillable fields. Built for the chronically ill.

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Get the Full PDF

$22

The Medical Binder

Your entire health story. Organized. In one place.

- 13 complete sections covering your whole health picture
- 800+ interactive fillable fields
- 30+ pages built for chronically ill patients
- Emergency contact and medication lists to share instantly
- Symptom tracker, lab log, and advocacy notes
- Appointment prep and post-visit debrief sections
- Interactive fillable PDF. Download once, use forever.

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Made by someone who gets it.

Kale Vine built this binder because she needed it herself and nothing like it existed. You should not have to piece your health story together from memory.

Questions? hello@kalevine.com