



MEDICAL & DENTAL RECORDS

KEEPING RECORDS IN ORDER

You may find yourself in a situation where you need copies of immunizations, recent visits to the doctor, or records from providers outside a military treatment facility. Keeping track of dental visits and X-rays can be helpful when you're on the move.

File Here:

- Provider name/contact information
- Immunization records
- X-rays/dates of X-rays
- Recent dental appointment dates
- List of medications/prescriptions
- Sports/school physical records
- Copies of civilian healthcare provider documents
- _____
- _____



You should also know...

Keeping copies and records can help when it comes time to separate from the military. Ensuring the medical records you have and that the military has are the same may be important when applying for VA benefits. Medical insurance may also be a consideration after you separate from the military. Make sure you do your research before you separate.

Hint: Keeping current immunization records for your children can be helpful when enrolling in school at a new duty location – you may want to add a copy in the school records pocket.

NOTES:
