

My Integrative Pain Care Plan: For My Providers

Medications and supplements list (write down everything you're taking, including the name, dose, and how often you take it, including injections or infusions):

Questions I currently have about medications or supplements:

(continued)

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Pain management approaches (other than medications and supplements) that I'm currently using (include EVERYTHING, from conventional treatments to complementary approaches):

Treatment/activity:

Provider name and contact:

Frequency and duration:

Questions and notes:

Treatment/activity:

Provider name and contact:

Frequency and duration:

Questions and notes:

Treatment/activity:

Provider name and contact:

Frequency and duration:

Questions and notes:

Treatment/activity:

Provider name and contact:

Frequency and duration:

Questions and notes:

Treatment/activity:

Provider name and contact:

Frequency and duration:

Questions and notes:

Treatment/activity:

Provider name and contact:

Frequency and duration:

Questions and notes:

(continued)

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Treatment/activity:

Provider name and contact:

Frequency and duration:

Questions and notes:

Treatments I Might Want to Try

Pain management approaches (other than medications and supplements) that I want to try or learn more about:

Treatment/activity:

Pros and cons:

Recommended providers:

Costs and insurance:

Can I get a letter of medical necessity?

Notes:

Pain management approaches (other than medications and supplements) that I want to try or learn more about:

Treatment/activity:

Pros and cons:

Recommended providers:

Costs and insurance:

Can I get a letter of medical necessity?

Notes:

Pain management approaches (other than medications and supplements) that I want to try or learn more about:

Treatment/activity:

Pros and cons:

Recommended providers:

Costs and insurance:

(continued)

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Can I get a letter of medical necessity?

Notes:

Pain management approaches (other than medications and supplements) that I want to try or learn more about:

Treatment/activity:

Pros and cons:

Recommended providers:

Costs and insurance:

Can I get a letter of medical necessity?

Notes:

Pain management approaches (other than medications and supplements) that I want to try or learn more about:

Treatment/activity:

Pros and cons:

Recommended providers:

Costs and insurance:

Can I get a letter of medical necessity?

Notes:

Pain management approaches (other than medications and supplements) that I want to try or learn more about:

Treatment/activity:

Pros and cons:

Recommended providers:

Costs and insurance:

Can I get a letter of medical necessity?

Notes:

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