

Plain Medicine Watchlist

My Personal Monitoring Plan

How To Use Your Plain Medicine Watchlist

1. Read the examples below so you understand how to fill in each section.
2. You may discard this page once you are comfortable — your other two pages are what you keep.
3. Fill in each card using information your provider has already given you.
4. Bring your other pages to every appointment — hand them to your provider at the start.
5. Check the status box when something changes or is completed.
6. Plain Medicine sends a biannual reminder to review and update your Watchlist.

This document is for personal health organization only. It does not constitute medical advice and is not a substitute for communication with your healthcare provider.

Example — Findings Being Monitored

HOW A FINDING CARD LOOKS WHEN FILLED IN

FINDING

Kidney Cyst

WHY WE'RE WATCHING THIS

To make sure it hasn't grown or changed in size.

FOUND ON

CT Abdomen — May 2026

NEXT TEST NEEDED

Repeat CT Abdomen

PROVIDER

Dr. Smith / Urology

DUE DATE

May 2027

STATUS — check one: ☒ Pending

Example — Family History That Changes My Care

HOW A FAMILY HISTORY CARD LOOKS WHEN FILLED IN

FAMILY MEMBER / CONDITION

Father — Glioblastoma

HOW THIS CHANGES MY CARE

Discuss brain MRI with provider if new neurological symptoms develop.

PROVIDER AWARE?

Yes — noted by Dr. Jones

STATUS — check one: ☒ Pending

This page is for reference only — discard it once you know how to fill in your Watchlist.

Name: _____ Provider: _____ Last Updated: _____

Findings Being Monitored

Things found on scans, labs, or exams that need to be rechecked — use information your provider has given you

FINDING

WHY WE'RE WATCHING THIS

FOUND ON (test or exam)

NEXT TEST NEEDED

PROVIDER

DUE DATE

STATUS — check one: ☐ Pending ☐ Scheduled ☐ Completed ☐ Monitoring no longer needed
☐ Reviewed today — no changes

FINDING

WHY WE'RE WATCHING THIS

FOUND ON (test or exam)

NEXT TEST NEEDED

PROVIDER

DUE DATE

STATUS — check one: ☐ Pending ☐ Scheduled ☐ Completed ☐ Monitoring no longer needed
☐ Reviewed today — no changes

FINDING

WHY WE'RE WATCHING THIS

FOUND ON (test or exam)

NEXT TEST NEEDED

PROVIDER

DUE DATE

STATUS — check one: ☐ Pending ☐ Scheduled ☐ Completed ☐ Monitoring no longer needed
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FINDING

WHY WE'RE WATCHING THIS

FOUND ON (test or exam)

NEXT TEST NEEDED

PROVIDER

DUE DATE

STATUS — check one: ☐ Pending ☐ Scheduled ☐ Completed ☐ Monitoring no longer needed
☐ Reviewed today — no changes

Name: _____ Provider: _____ Last Updated: _____

Family History That Changes My Care

Only conditions in close family members that actually affect your monitoring or screening

FAMILY MEMBER _____ CONDITION / DIAGNOSIS _____ PROVIDER AWARE? _____

HOW THIS CHANGES MY CARE _____

STATUS — check one: ☐ Active — provider monitoring ☐ Noted — no action yet ☐ Addressed
☐ Reviewed today — no changes

FAMILY MEMBER _____ CONDITION / DIAGNOSIS _____ PROVIDER AWARE? _____

HOW THIS CHANGES MY CARE _____

STATUS — check one: ☐ Active — provider monitoring ☐ Noted — no action yet ☐ Addressed
☐ Reviewed today — no changes

FAMILY MEMBER _____ CONDITION / DIAGNOSIS _____ PROVIDER AWARE? _____

HOW THIS CHANGES MY CARE _____

STATUS — check one: ☐ Active — provider monitoring ☐ Noted — no action yet ☐ Addressed
☐ Reviewed today — no changes

Questions for My Next Visit

Write these down before you forget — bring this page to your appointment

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

Plain Medicine sends members a biannual Watchlist check-in reminder.

A prompt to review, update, and bring a fresh copy to your next appointment.

The important things your future self doesn't want you to forget.