MRS CURE

Your Screenings & Vaccinations Tracker

Keep every check-up and vaccine in one place, so you always know what's due.

Vaccinations

Vaccine / Screening	Date had	Result / notes	Next due
Flu vaccine (annual)			
Shingles vaccine			
Pneumococcal vaccine			
Other / travel vaccines			

Screenings & checks

Vaccine / Screening	Date had	Result / notes	Next due
Blood pressure check			
Cholesterol check			
Bowel cancer screening			
Breast screening			
Cervical screening			
Abdominal aortic aneurysm (AAA) screening			
Eye test			
Hearing test			
Dental check-up			
Other			
Other			

Recommended vaccines and screenings vary by country, sex and personal medical history — check with your GP or practice nurse for what applies to you. This tracker is for personal record-keeping only and is not a substitute for personalised medical advice, diagnosis or treatment.
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