

[illegible]

## AVAILABILITY

This template is available for free at [www.longcovidadvocacy.co.uk/toolkit](http://www.longcovidadvocacy.co.uk/toolkit). You can use this as a paper printable or a digital document.

The master copy is not directly editable to enable multiple access.

If you wish to make a one-time contribution to support these resources please find our Paypal Donation page [HERE](#)

## MORE TEMPLATES

More sections, a full version of a medical binder & other tools are available at [www.longcovidadvocacy.co.uk/toolkit](http://www.longcovidadvocacy.co.uk/toolkit). All versions can be sent electronically to a health care provider or taken to a medical appointment in their paper form. The aim is to make life easier for patients and medics.

## TO EDIT

Yet the doc is editable with a few simple steps (video on how to do this here).

Add rows as needed Right Click > + INSERT ROW BELOW

SELECT ALL (CTRL+A) in the master doc > COPY (CTRL+C) > Open a new google doc > PASTE (CTRL+V) > FILE > RENAME

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