



Monthly Organizing Special

I've been thinking a lot about medical appointments lately. My extended family has certainly had our share of health concerns over the past few years and I'm sure that is part of the reason why. My guess is that you are seeing more of it too. Breast cancer, colon cancer, hysterectomies, heart attacks, autism, strokes, and the list goes on.....Why are we seeing so many medical problems these days? Could be the he foods we eat, the lack of exercise we get, chemical and environmental factors or the stress we are under but whatever the case may be, health concerns certainly seem to be on the rise.

Feel overwhelmed yet? Yes, me too! Here are three reasons why arranging medical care can give you what I call "deer in the headlights syndrome".

#1 Health concerns have an emotional component that usually involve fear. In the back of our minds, we fear that going to the doctor or dentist will confirm our worst fear- whatever that may be. However, early detection saves lives. It is critical that you take care of yourself and your family by having regular checkups.

#2 Going to medical appointments takes time. Our schedules are already overbooked and now we have to squeeze something else into it. However, scheduling your medical appointments in first, makes the statement that you and your family's health is a priority.

#3 Going to medical appointments costs money. With the economy the way it is, it seems we are always trying to stretch our dollar and those doctor appointments always seem to fall at the wrong time. However, we need to budget for these appointments and spread them out so we are not getting them all at the same time.

Keeping these factors in mind, **here is what I suggest.** Start with a list of all the preventive medical/dental appointments that need to happen for your family over the course of the year. Give each appointment a month. Now you can PLAN that "x" times a month, you will have a medical appointment and just be ready for it. It spreads out the co-pays and will allow you to stay on top of those medical appointments. I started this system mid-year but here is what my chart looks like.

MONTH	APPOINTMENT TYPE	SCHEDULED DATE	APPOINTMENT TYPE	SCHEDULED DATE
January	Travis- dentist		Chiropractor	
February	Kids- dentist		Chiropractor	
March	Kids- well visit		Chiropractor	
April	Travis- annual		Chiropractor	
May	Susan- oncologist		Chiropractor	
June	Susan- dentist		Chiropractor	
July	Travis- dentist		Chiropractor	
August	Kids- dentist	August 19, 4:20pm	Chiropractor	
September	Susan- mammogram	September 17, 9:30am	Chiropractor	
October	Susan- annual	September 9, 2pm	Chiropractor	October 7, 4pm
November	Susan- oncologist	November 17, 10:15am	Chiropractor	November 4, 4pm
December	Susan- dentist	December 23, 3:30	Chiropractor	December 2, 4pm

As a big **THANK YOU** to all of our medical providers, Perfectly Placed is offering a **20% discount** off our services to all **medical and dental professionals** during the month of October. Here's to staying healthy!

Sincerely,

Susan Stewart

Perfectly Placed

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