



Healios[®] Patient Reported Weekly Tracker

Name: _____

Tx Start Date: _____

Healios Start Date: _____

Instructions:

Mix 1 scoop of Healios with 50-120 mL of water. Swirl and swish in mouth for 10 seconds, then swallow. Take twice a day, once in the morning and evening. For best results take 30 minutes before mealtime or 30 minutes after.

Week 1: _____

Took Healios as instructed? Yes/No

If no, why?

Patient comments: *Ask about...*

- Tolerance to Healios?
- Pain level?
- Use of pain meds? Increase/decrease/same?
- PO intake: Increase/decrease/same?
- GTF use: Increase/decrease/same?
- Other:

Week 2: _____

Took Healios as instructed? Yes/No

If no, why?

Patient comments: *Ask about...*

- Tolerance to Healios?
- Pain level?
- Use of pain meds? Increase/decrease/same?
- PO intake: increase/decrease/same?
- GTF use increase/decrease/same?
- Other:

Name: _____

Week 3: _____

Took Healios as instructed? Yes/No

If no, why?

Patient comments: *Ask about...*

- Tolerance to Healios?
- Pain level?
- Use of pain meds? Increase/decrease/same?
- PO intake: Increase/decrease/same?
- GTF use: Increase/decrease/same?
- Other:

Week 4: _____

Took Healios as instructed? Yes/No

If no, why?

Patient comments: *Ask about...*

- Tolerance to Healios?
- Pain level?
- Use of pain meds? Increase/decrease/same?
- PO intake: increase/decrease/same?
- GTF use increase/decrease/same?
- Other:

Week 5: _____

Took Healios as instructed? Yes/No

If no, why?

Patient comments: *Ask about...*

- Tolerance to Healios?
- Pain level?
- Use of pain meds? Increase/decrease/same?
- PO intake: increase/decrease/same?
- GTF use increase/decrease/same?
- Other:

Name: _____

Week 6: _____

Took Healios as instructed? Yes/No

If no, why?

Patient comments: *Ask about...*

- Tolerance to Healios?
- Pain level?
- Use of pain meds? Increase/decrease/same?
- PO intake: Increase/decrease/same?
- GTF use: Increase/decrease/same?
- Other:

Week 7: _____

Took Healios as instructed? Yes/No

If no, why?

Patient comments: *Ask about...*

- Tolerance to Healios?
- Pain level?
- Use of pain meds? Increase/decrease/same?
- PO intake: increase/decrease/same?
- GTF use increase/decrease/same?
- Other:

Week 8: _____

Took Healios as instructed? Yes/No

If no, why?

Patient comments: *Ask about...*

- Tolerance to Healios?
- Pain level?
- Use of pain meds? Increase/decrease/same?
- PO intake: increase/decrease/same?
- GTF use increase/decrease/same?
- Other: