

## Documenting Changes in Your Health That Might Be a Result of Smart Meter Installation

You should record changes in your health for any or all of the following reasons:

1. For your health-care professional.
2. For future litigation.
3. Data that can be used by researchers.
4. Epidemiological studies by us.
5. To make a complete record of symptoms experienced by all different people. People experience different things.

**Please carefully document your symptoms:**

1. Date (and time) symptoms began (as precisely as you are able, whether exact day or month, etc.) or when previous health problems were exacerbated.
2. Date smart meter installed on your home or in your neighborhood or workplace. If you don't know the date, you can call DTE or Consumers to get this info. We suggest you call them *after* you write down the date symptoms first began because then you are not being influenced by their response.
3. You should also find out when smart meters were installed in your workplace or any other place where you spend more than 20 minutes a day. Smart meters might have been installed in your workplace long before they were installed on your home. In addition, *digital meters* at your workplace could cause the same problems as smart meters, not to mention Wi-Fi, etc.
4. **Health effects experienced since installation.** Please document day-by-day, at least for the first month, then you can begin noting any new symptoms. You can go to our [health survey](#) to see an extensive but non-inclusive list of symptoms. You can find some of the additional symptoms people experience [here](#). Many health problems you might not think are related to smart meters can be—for instance, cataracts and gingivitis.
5. Pre-existing conditions, if any.
6. Pre-existing sensitivities to other devices (e.g., cell phones, fluorescent lights).
7. **Keep a daily log for at least the first month.** If symptoms reach a plateau at some point (after the one-month period has passed), then just write down date and time of new symptoms, where you were, what you were doing. Many people find that after some period of time, they become more and more sensitive to all sorts of things.
8. **Please send us this information after 1 month and again several months later.** We need this information to document how these meters are affecting people as we move forward both with lawsuits and with legislation.
9. Consider having endocrine tests (especially thyroid) done yearly.

10. If you have been experiencing trouble sleeping, anxiety, or other health problems prior to smart meter installation, it might be due to Wi-Fi in your home or workplace, cell phone usage, or cordless (especially DECT) phones in your home or at your workplace. If a cell phone tower was installed near your home or workplace, this could also be a cause. Note when symptoms started and when you were first exposed to these things. To find out many of the cell towers in your area, go to <http://antennasearch.com>. This won't show the small towers, which may be hidden in a church steeple or in the façade of a building, but it will show many.
11. We would appreciate you taking our [health survey](#).

Please be aware that the opt-out meter is not a lot better than the smart meter. See our page on [dirty electricity](#).

We also urge you to begin talking to neighbors, friends, and co-workers. Others may be experiencing health problems from the meters but not know it. Our website has tons of info. You can also flyer your neighborhood with our flyers and begin to get family, friends, neighbors, etc to sign our petition, also found [here](#). The petition is quite important.

For more info, contact [SmartMeterEducationNetwork@gmail.com](mailto:SmartMeterEducationNetwork@gmail.com), 734-972-2677.

The [Smart Meter Education Network](#), Michigan.