

Your Family Medical History

You can complete the highlighted fields on this form online, download and then print the form for easy reference. Only text that is visible on the form is printed; scrolled text will not print.

Generational Health, how family health history impacts your personal health and the health of future generations, is the most important asset in your health portfolio. Your investments are the conversations you have with your family members about health diagnoses and conditions that may affect your health. It is part of our mission at Diversity Health NetWoRx to offer tools and guidance about how to initiate these conversations so that you can be informed when charting your own health journey.

Start with what you know, then ask your parents or other relatives for more information. It's a good idea to update this chart every year or so. Take a copy with you every time you see a new doctor, so that he or she can keep it in your file.

Family Member	Name	Health problems (and approximate age when problem started or occurred)	If no longer living, cause of death (and age at death)
My Mother			
My Father			
My Sisters and Brothers			



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Family Member	Name	Health problems (and approximate age when problem started or occurred)	If no longer living, cause of death (and age at death)
Mother's Mother			
Mother's Father			
Father's Mother			
Father's Father			
Others			

