Family Health History Tool

What Is This Tool For?

Use this tool to share your family's health history with your doctor. It helps identify possible health risks and improves your care. Share what you know. And don't worry if you don't have all the answers – you can ask family members for help or review it with your doctor.

Step 1: About You

Your Name: _____ **Your Age:** _____

Do you have any health concerns?

Examples: headaches, trouble sleeping, stomach pain, feeling very tired

_____

Do you feel sick or have specific pain?

Examples: in your chest, stomach, head? Describe them below.

_____

_____

Step 2: Your Family

Fill in names, and any known health conditions.
Examples: "stomach problems" or "trouble breathing."

Who	Name	Age	Health Conditions (or sickness)
Parent 1			
Parent 2			
Sibling 1			
Sibling 2			
Grandparent 1			
Grandparent 2			

Step 3: Check for Common Conditions

Heart problems? (ex. heart attack, heart disease):
Who? _____ **Age:** _____

Diabetes (ex. needing insulin or avoiding sugar):
Who? _____ **Age:** _____

Cancer (ex. breast, colon, skin):
What type? _____ **Who?** _____ **Age:** _____

High blood pressure (ex. needing medicine):
Who? _____ **Age:** _____

Mental health conditions (ex. anxiety, depression):
Who? _____ **Age:** _____

Other health issues (ex. frequent stomach pain, seizures):
Condition: _____ **Who?** _____ **Age:** _____

Step 4: Patterns You Notice

Does anyone in your family have the same condition?
- Yes / No. If yes, what condition? _____

Do certain conditions happen to family members when they are younger or older?
- Yes / No. If yes, describe: _____

Step 5: Questions for Your Doctor

Write down questions for your doctor.
- "Does diabetes run in my family?", "What can I do to prevent heart problems?", "Should I be tested for cancer?"

_____

_____

Tips for Using This Tool

Ask family members:
- Start with parents, siblings, or grandparents if you are unsure of your family's history.

Bring it to your doctor:
- Share the completed tool during your appointment.

Update as needed:
- Update this tool if family health changes or you learn more.

Why Is This Important?

Your family health history helps doctors:
- Spot health risks early, like heart problems or cancer.
- Recommend helpful tests, screenings, or treatments.
- Guide your care, like suggesting medicines or vaccines.
- Taking the time to fill out this tool ensures you get the best possible care!