Fill it in together

Family Health History Card

It Runs in the Family

1. Ask
Talk with parents, grandparents, aunts, uncles, brothers and sisters.

2. Write it down
Check what each person had, and how old they were when they found out.

3. Bring it
Share this card at your next checkup so your provider can focus on what matters for you.

Family member	Heart disease, high blood pressure or stroke	Diabetes or "high sugar"	Colon cancer or polyps	Other cancer or condition	Age when told
Mother					
Father					
Sister or brother					
Sister or brother					
Mother's mother					
Mother's father					
Father's mother					
Father's father					
Aunt or uncle					
Aunt or uncle					

My numbers and checks

Blood pressure: _____ / _____ Date: _____

Last yearly checkup: _____

Last colorectal screening (ages 45–75): _____

Diabetes risk test result: _____ (diabetes.org/risk-test)

Questions for my provider

"With my family history, which checks do I need, and when should I start?"

For your own records. This card isn't medical advice. Talk with your provider about your family history and which screenings are right for you.
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