

YOUR PERSONAL & FAMILY HEALTH HISTORY WORKBOOK

Make your health story easier to share.

A practical health resource from

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Your health history can guide prevention, screening, and care decisions. Complete what you know; it is okay to leave unknown information blank.

Educational guidance for preparation and self-advocacy—not a substitute for individualized medical care.

My Personal Health Story

Basic information I want my healthcare team to know

Current diagnoses or long-term health conditions:

Surgeries, hospitalizations, or major injuries:

Past pregnancies, reproductive history, or menopause-related history, if relevant:

Mental-health history, if relevant and comfortable to share:

Lifestyle and environment

Sleep, movement, nutrition, stress, tobacco/nicotine, alcohol, substances, work exposures, caregiving, and major life circumstances that may affect my health:

My Family Health History

Record conditions in biological relatives when known. Include approximate age at diagnosis and whether a relative was living or deceased, if you are comfortable documenting it.

Relative	Major conditions / diagnoses	Age at diagnosis, if known	Notes

Health conditions to ask relatives about

- Heart disease, stroke, high blood pressure, or high cholesterol ■ Diabetes
- Cancer and age at diagnosis ■ Genetic conditions or birth differences
- Autoimmune, thyroid, or inflammatory disease ■ Mental-health or substance-use conditions
- Osteoporosis, hip fracture, dementia, kidney disease, or other significant conditions

My Prevention Questions

Based on my personal and family history, I want to ask about:

- ☐ Recommended screenings
- ☐ Vaccines
- ☐ Genetics referral or counseling
- ☐ Heart, bone, metabolic, reproductive, or mental-health prevention
- ☐ Lifestyle changes that could lower my risks

My questions and next steps:

Privacy reminder

This workbook may contain sensitive information. Store it securely and share only with people you trust or healthcare professionals involved in your care. It is an educational organizational tool and does not replace personalized medical guidance.