

## Making a Personal Medical History Chart

*A sample chart to help you document your loved one's medical history.*

In addition to the doctor's medical history chart, a personal health history is an excellent resource, as it provides a consolidated history of all medical care and conditions over a stated period of years. Doctors find this information especially useful—even critical—when prescribing drugs or preparing treatment plans. It can alert them to any complications that might exist based on previous conditions or medications.

### Your Loved One's Personal Health History

Use this form to keep track of your loved one's health history. Print out a copy and take it with you to your doctor appointments to help keep your doctor up to date

**Full Name:**

**Date of Birth:**

I was in the hospital for (list conditions):	Date

I have had these surgeries:	Date

I have had these injuries/conditions/illnesses:	Date

I have these allergies:	Date

I have had these immunizations(shots):

**Suggested age Date(s) received**

Influenza Every year starting at age 65 \_\_\_\_\_

Pneumococcal Once at age 65 \_\_\_\_\_

Tetanus (Td) Every 10 years \_\_\_\_\_

**I take the following medicines/supplements:**

**My family members (parents, brothers, sisters and grandparents) have/had these major conditions:**

**I see these health care providers: (List provider's name and condition treated.)**