Personal Health History Guide

Creating a Personal Health History guide can be immensely helpful for maintaining comprehensive and accurate medical records, which is crucial for effective care. We recommend completing the following step-by-step guide for yourself, spouse, and child(ren). This guide will help you systematically document and review your health history.

Instructions: Download this document and save it to your personal computer or device. Then complete the form.

1. BASIC INFORMATION

Full Name:			
Date of Birth:			
Contact Information:			
Emergency Contact:			

2. MEDICAL CONDITION(S)

Chronic: (indicate multiple conditions by numbering each condition on every question)

Type of Condition(s):	Date Diagnosed:	Current Status (e.g., controlled, uncontrolled):	Treating Physician(s):	Number of Visits in a Typical Year:

Acute: (indicate multiple conditions by numbering each condition on every question)

Type of Condition(s):	Date Diagnosed:	Current Status (e.g., controlled, uncontrolled):	Treating Physician(s):

3. SURGERIES, HOSPITALIZATION AND EMERGENCY CARE

Surgeries: (indicate multiple surgeries by numbering each surgery on every question)

Type of Surgery:	Date:	Surgeon:	Hospital:	Complications (if any):

Hospitalizations: (indicate multiple hospitalizations by numbering each stay on every question)

Reason for Surgery:	Date:	Treating Physician:	Hospital:	Number of Stays in a Typical Year:

Emergency or Urgent Care Visits: (indicate multiple visits by numbering each visit on every question)

Reason for Surgery:	Date:	Treating Physician:	Name of Treating Facility:	Number of Visits in a Typical Year:

4. MEDICATIONS

Current Medications (include all medications including over the counter medications taken regularly):

Medication Name:	Dosage (mg):	Frequency (times/day):	Prescriber:

Past Medications:

Medication Name:	Dosage & Frequency:	Date Range Taken:	Reason for Discontinuation:

5. ALLERGIES

Drug Allergies:

Medication Name:	Dosage (mg):	Reaction:	Date Identified:

Food Allergies:

Food:	Reaction:	Date Identified:

Environmental Allergies (Dust, pollen, etc):

Environmental Name:	Reaction:	Date Identified:

6. IMMUNIZATIONS/VACCINES

Vaccine Name:	Date:	Who/Where Administered:	Next Due Date:

7. FAMILY MEDICAL HISTORY

Immediate Family Member's Name (Mother, Father, etc.):	Condition:	Family Member's Age at Diagnosis:	Cause of Death (if applicable):

8. PREVENTATIVE HEALTH SCREENINGS

Type of Screening:	Date:	Results:	Next Due Date:

9. LIFESTYLE AND HABITS

Current Weight:	Goal Weight:

Diet

Eating Personality:	Dietary Restrictions:

Smoking

Current Status:	If smoker, frequency and quantity:	History of Tobacco Use:

Alcohol Consumption

Current Status:	If drinker, frequency and quantity:	History of Alcohol Use:

Substance Abuse

Current Status:	If substance user, type and frequency:	History of Substance Use:

10. MENTAL HEALTH

Conditions:

Condition:	Date Diagnosed:	Current Status:	Treating Physician:

Therapy/Counseling:

Type of Therapy/Counseling:	Frequency of Visits:	Treating Therapist/Counselor:

11. REPRODUCTIVE HEALTH (IF APPLICABLE)

Menstrual History:

Cycle Regularity:	If irregular, what are the issues/concerns:

Pregnancies:

Number of Pregnancies:	Outcomes (e.g., live birth, miscarriage):	Complications:

Contraception

Type:	Duration of Use:	Side Effects:

PERSONAL HEALTH HISTORY REVIEW AND UPDATE FREQUENCY

Date Review Completed:	
Next Scheduled Review/Update:	

Note: Set a calendar reminder to complete your update!

Tips for Maintaining Your Personal Health History

1. **Regular Updates**: Review and update your health history regularly, ideally every 6-12 months or after any significant medical event.

2. **Secure Storage**: Keep your records in a secure place, whether it's a physical file or a digital document protected by a password.

3. **Share with Health Care Providers**: Ensure that your primary care physician and any specialists you see have access to the most recent version of your health history.

4. **Use Technology**: Consider using a personal health record (PHR) app to keep track of your information electronically.

5. **Be Detailed**: Include as much detail as possible to ensure comprehensive medical care.

By following this guide, you can maintain a thorough and accurate record of your health history, which can be vital for receiving appropriate and effective medical care.