



MY HEALTH HISTORY

Ability & Disability ☐ Hearing Impaired ☐ Learning Disability ☐ Mobility/Wheel Chair ☐ Non-correctable Visual Impairment Blood Disorders ☐ Bleeding Disorder ☐ Blood Clots/Phlebitis Bone and Joint Problems ☐ Arthritis ☐ Back Pain, chronic ☐ Lupus Cancer ☐ Leukemia or Lymphoma ☐ Melanoma ☐ Testicular Cancer	Endocrine (gland) ☐ Diabetes ☐ Thyroid Disorder Eye/Vision ☐ Glaucoma ☐ Wear glasses or contacts Gastrointestinal/Stomach ☐ Inflammatory Bowel Disease Heart/Cardiovascular ☐ Heart Murmur ☐ High Blood Pressure ☐ High Cholesterol ☐ Passed out with exercise ☐ Stroke Infections ☐ Hepatitis B or C ☐ Immunocompromising Illness	Infections - continued ☐ Mononucleosis ☐ Sexually Transmitted Infection ☐ Tuberculosis or Positive Skin Test ☐ COVID-19 General Health ☐ Use Tobacco ☐ Drink Alcohol ☐ Use recreational drugs ☐ Use caffeine or energy drinks Mental Health ☐ Alcoholism/Drug Abuse ☐ Anxiety Disorder ☐ Bipolar Disorder (Manic/depression) ☐ Depression ☐ Eating Disorder	Neurological (Brain) ☐ Attention Deficit ☐ Migraine Headaches ☐ Seizure Respiratory/Breathing ☐ Asthma (including exercise-induced asthma) ☐ Cystic Fibrosis Urinary ☐ Kidney Stones ☐ Polycystic Kidney Disease ☐ Urinary Infections (Cystitis) Language ☐ My primary language (if not English) _____ Height _____ Weight _____
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Explain any items you have checked in the comment section below. Include any additional significant illnesses.

Medication: List all medications you take regularly, including birth control pills, non-prescription drugs and herbal preparations

Name of Medication	Dosage of Medication

Allergies: List any allergic or other significant reactions to medication.

Medication causing Allergy	Type of Reaction	Approximate Date of Onset

Surgery, significant injuries, hospital stays: Describe and include dates.

Description	Approximate Date

Family History: Complete the fields to the best of your knowledge for family members. Include heart disease, high cholesterol, diabetes, high blood pressure, tuberculosis, stroke, alcoholism, depression, other mental illness, and cancer (specify type). **Are you adopted?** ☐ Yes ☐ No

1. Father: Year of Birth: _____ Occupation: _____ Age at Death(if deceased): _____ Cause of Death (if deceased): _____		
Medical Problems	Approximate Onset Date	Comment
2. Mother: Year of Birth: _____ Occupation: _____ Age at Death(if deceased): _____ Cause of Death (if deceased): _____		
Medical Problems	Approximate Onset Date	Comment
3. Siblings: 1 st Sibling Year of Birth: _____ 2 nd Sibling Year of Birth: _____ 3 rd sibling Year of Birth: _____ Age at Death(if deceased): _____ Cause of Death (if deceased): _____		
Medical Problems	Approximate Onset Date	Comment