



## Family History Worksheet

### How to Use This Worksheet

1. Talk to your family -- your parents and siblings, primarily -- about their health history. If your siblings or parents are unavailable, ask your next closest relatives: first cousins, aunts and uncles, and grandparents.
2. Check the boxes next to the conditions that a family member has. If more than one family member has the condition, note how many in the box.
3. Return to Sharecare.com to enter your information. Keep this worksheet and take it with you to your doctor.

Condition	Parent	Sibling	Other relative
Alzheimer's disease			
Allergies			
Anemia			
Anesthesia issues			
Arthritis	FATHER X		
Arthritis, Rheumatoid			
Asthma			
Bleeding issues			
Cancer, Breast			
Cancer, Colon			
Cancer, Lung			
Cancer, Skin			
Cancer, Prostate			
Cancer, Ovarian		SISTER →	DIAGNOSED W/ SMALL BENIGN TUMOR FEW YEARS AGO.
Cancer (other)			
Depression			
Diabetes, Type 1 (childhood onset)			
Diabetes, Type 2 (adult onset)			
Epilepsy (seizures)			
Eye conditions			
Glaucoma			
Hearing problems			
Heart disease, heart attack, stroke	FATHER X	HEAVY SMOKER	ONE STROKE
High blood pressure/hypertension			
High cholesterol			
Kidney disease			
Lupus			
Migraines			
Osteoporosis			
Thyroid disorders			
Tuberculosis			
Other:			