

# Building Blocks for Family Health and Medical Record Keeping



## Information to include

It's a good idea to keep all your family's medical records in one place in your home. A 3-ring binder or wire-bound notebook with dividers for each member of the family is helpful. Each person's section should have a cover sheet listing:

- \* Diagnosed chronic conditions (arthritis, asthma, diabetes, high blood pressure).
- \* Any known allergies to drugs, foods, or insects.
- \* Information that would be vital in an emergency, such as whether the person has a pacemaker or a hearing aid, has diabetes or epilepsy, or has impaired hearing or vision.
- \* Name and phone number of primary doctor, dentist, optometrist, and other specialists..

## You may also want to include:

- \* People to contact in case of emergency.
- \* An up-to-date list of medications that includes each medication's name, purpose, dose, and instructions, the name of doctor who prescribed it, and the date it was prescribed.
- \* Birth certificate.
- \* Health insurance information.
- \* An immunization record with dates of childhood immunizations, tetanus boosters, flu shots, and pneumococcal vaccine.
- \* Health screening results for blood pressure, cholesterol, vision, and hearing.
- \* Results from cancer screenings, such as Pap tests, mammograms, colonoscopy, and PSA (prostate-specific antigen) tests.
- \* Records of major illnesses and injuries, such as pneumonia, bronchitis, and broken bones.
- \* Records of any major surgical procedures and hospitalizations.
- \* A list of major diseases in your family, such as heart disease, stroke, cancer, or diabetes.
- \* A copy of advance directives, such as the person's living will and medical power of attorney.
- \* Organ donor authorization.
- \* Important events, dates, and hereditary conditions in your family history
- \* A recent physical examination
- \* Opinions of specialists
- \* Important tests results
- \* Eye and dental records
- \* Correspondence between you and your provider
- \* Permission forms for release of information, operations, and other medical procedures.

## Special tips:

- \* Keep a calendar in the notebook to record doctor appointments and significant events.
- \* Your will should specify that your medical records be given to your biological children.  
Records provide the best insight into your family's medical history.

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