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**Why Knowing  
Your Medical History Matters**



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# What is my medical history?

Your medical history is comprised of two parts:

- Your personal medical history: This details any health problems that you have ever had.
- Family health history: This details any health problems that your blood relatives have or had during their lifetime.

# What do I include in my medical history?

- Allergies
- Past or present illnesses
- Past or present diseases
- Past or present injuries
- Surgeries
- Prescription/over-the-counter medication you take
- Lifestyle choices such as diet, exercise, drug, and alcohol use



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# Why does my doctor need to know about my medical history?

Giving your doctor an accurate medical history can give them a better understanding of your health. From there, they can identify patterns and make more effective decisions based on your specific health needs.



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**matters of wealth — including your health**

