How-to Make Your Own Health Record

A health record can help you manage your health and get good care. To create a health record, break it down into three steps:

Step 1: Begin by including your:

- Name and contact information
- Birth date
- Contact information for anyone involved in your health care (ex: doctor, aide, friends and family, etc.)
- Pharmacy information
- Insurance information

Step 2: Include important information about your health:

- Medication list
- Current health status (ex: diabetes, cancer, asthma)
- Disabilities (ex: hearing loss, low vision)
- Allergies or reactions
- On-going therapy (ex: physical, mental health, etc.)
- Prescribed directions (ex: checking daily blood pressure, weight, etc.)
- Special diet or exercise program
- Test results (ex: blood work or an MRI)
- Medical device or implants (ex: a pacemaker or stent)
- Major health events (ex: surgeries, broken bone, childbirth, cancer, etc.)

Step 3: Include your family health history:

List any diseases or health conditions that are common in your family and who was diagnosed (ex: heart disease: maternal grandfather, sister).