

# KEEP TRACK OF YOUR MEDICAL HISTORY

## Key Elements of My Medical History

**HOW TO USE THIS:** Track your medical history below and bring it to your appointments with new health care providers. You may also want to keep a copy in an accessible place, such as in your phone photos or on your fridge.

### CURRENT ILLNESS HISTORY

List events leading up to your diagnosis, how you got your diagnosis, and when. Include major tests, procedures, and treatments and dates of any hospital stays.

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### PAST MEDICAL HISTORY

Share a list of all the other health care conditions you've had, other specialists you see (e.g., who you see for other chronic conditions), and major surgeries (with approximate dates).

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### CURRENT MEDICATIONS

List the names of medications you take, the dosages, how often you take them, and the date you started them. You may also keep a separate list of medications you were on in the past and when you stopped taking them.

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### ALLERGIES

List environmental, food, and medication allergies, and main symptoms you experience related to these allergies.

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