



«GreetingLine»
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Brief Health History & Status

Instructions

- Fill out the form and take **two** copies with you to health-care appointments — one for the doctor or therapist and one for yourself.
- When you travel, tuck a copy into your luggage in case you need health care while out of town.
- Update the form whenever your health, medication, or treatment status changes.

Date: Use just the year unless a specific date is important for some reason. If you can't recall the exact year or date, use your best guess.

Age: Your age at the time.

Problem/Condition: Use the actual diagnostic terms if you know them. Otherwise, describe the problem or condition best you can.

Outcome/Status: "Resolved" for conditions that have cleared up, have no current symptoms, and require no treatment.
 "Chronic" for conditions that have persisted.
 "Good, Fair, Poor" control of ongoing conditions.
 List the medications or procedures used.
 Other specific information where relevant.

Sample:

Date	Age	Problem or Condition	Outcome/Current Status
1950	5	Mild concussion	Resolved.
1951	6	Right elbow multiple fracture	Can't entirely straighten elbow.
1983	38	Car accident/whiplash to neck	Chronic neck pain. Fair with exercise.
1996	51	High blood pressure	Chronic. Taking Lasix. Good control.

Current Medications & Supplements (bring to appointment)	Drug Allergies & Serious Side-Effects	Complementary Medicine & Therapies Being Used
Lasix	Penicillin	Acupuncture weekly
Multi-vitamin/extra folic acid	Cipro – neurological side effects	Custom orthotics
Joint Juice/glucosamine		

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