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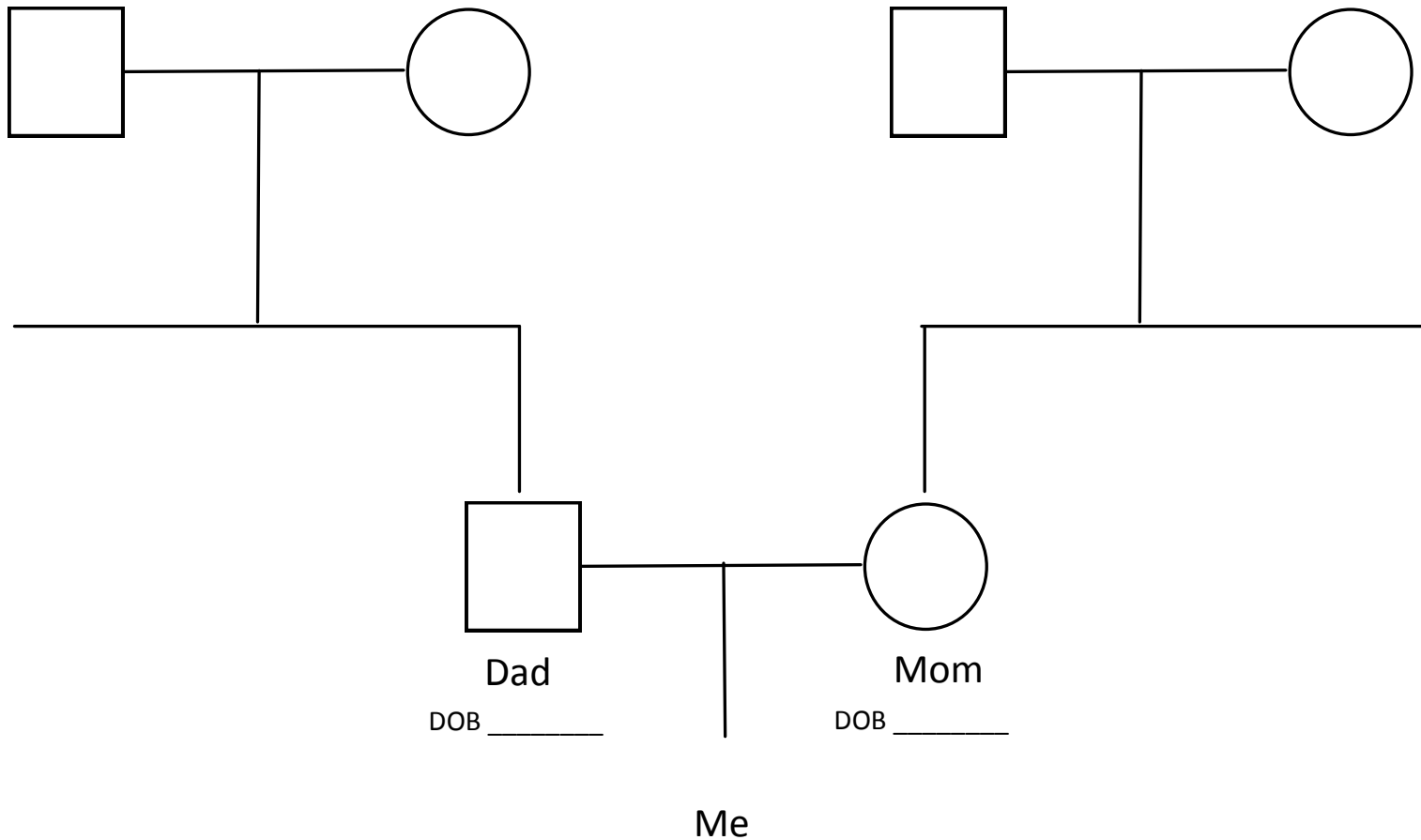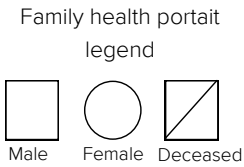# Draw your family health portrait here (helpful hints are on the back of this page):

Dad

DOB _____

Mom

DOB _____

Me

Family health portait legend

Male   Female   Deceased

You can label your portrait
any way that you'd like!
Here are some ideas:

Type 1 diabetes   Heart disease   Colon cancer   Breast cancer

Don't forget to include the age of diagnosis.

Examples of conditions to include

- High cholesterol
- Obesity
- Depression
- Stroke
- Asthma
- Cleft lip

- Learning problems
- Alcoholism
- Deafness
- Ovarian cancer
- Vision loss
- Hypertension

Visit geisinger.org/FamilyHistory to access free materials and tools to help you collect your family health history.

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Get started on creating your family health portrait

Congratulations! You're on your way to creating a valuable document that could help improve the health of your children, grandchildren and many generations to come.

Step 1: Draw yourself at the center.
Use a square [male] or a circle [female] and write your name below it.

Step 2: Add your relatives.
Draw in your parents above you and your siblings beside you. Continue with your grandparents, aunts, uncles and children.

Step 3: Fill in names and birth dates (or your best guess).
Indicate if anyone is deceased and their age of death.

Step 4: Make a legend.
For each health condition in your family, create a unique symbol that you can use to label each relative appropriately.

Some examples:

☐ Type 1 diabetes   ☐ Autism

◐ Breast cancer   ◔ Aortic aneurysm

Step 5: Put it all together.
Label family members with the appropriate symbol to record their health conditions. Include any helpful details.

Step 6: Share your creation!
Make copies of your family health portrait for your relatives and ask them to add any information they know.

Brought to you by the Family History Campaign – individualizing medicine, one family at a time.

Basic information to record

For each family member, try to collect and record all of the following:
• Name
• Date of birth (or your best guess)
• Ethnicity, race and/or country of origin
• Age and cause of death (if deceased)
• Health information

For additional instructions and free materials to help you collect your family health history, visit geisinger.org/FamilyHistory or call 570-214-6065.