



Confused About Your New Health Insurance?

DestinationHealth has the tools and information to help you get the most out of your health insurance and make your health care work for you.

Visit www.DestinationHealth.me

Personal and Family Health History

It is important for you and your health care provider to know your health history and the health history of your closest family members.

Allergies

What Are You Allergic To?	What Happens? (Symptoms/Reactions)

Other Conditions

Condition	Who in the family has this condition?		
Asthma	<input type="checkbox"/> Self	<input type="checkbox"/> Parent	<input type="checkbox"/> Sibling
Cancer (Type): _____	<input type="checkbox"/> Self	<input type="checkbox"/> Parent	<input type="checkbox"/> Sibling
Diabetes (Type): _____	<input type="checkbox"/> Self	<input type="checkbox"/> Parent	<input type="checkbox"/> Sibling
Heart Disease	<input type="checkbox"/> Self	<input type="checkbox"/> Parent	<input type="checkbox"/> Sibling
High Blood Pressure	<input type="checkbox"/> Self	<input type="checkbox"/> Parent	<input type="checkbox"/> Sibling
High Cholesterol	<input type="checkbox"/> Self	<input type="checkbox"/> Parent	<input type="checkbox"/> Sibling
Stroke	<input type="checkbox"/> Self	<input type="checkbox"/> Parent	<input type="checkbox"/> Sibling
Depression	<input type="checkbox"/> Self	<input type="checkbox"/> Parent	<input type="checkbox"/> Sibling
Other	<input type="checkbox"/> Self	<input type="checkbox"/> Parent	<input type="checkbox"/> Sibling

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Destination Health is an initiative of the Primary Care Coalition in collaboration with Montgomery Community Media, the Maryland Women's Coalition for Health Care Reform, and the Capital Region Connector. This document has not been reviewed or approved by Montgomery County Department of Health and Human Services (DHHS).