Rx for Safety

Personal Medical History

Medication Record

Include prescription, non-prescription and nutritional supplements.

Medication Name *(brand and/or generic)*	Prescribing Healthcare Professional	Dosage *(strength of pill/ times per day)*	Prescription Date	Purpose	How Taken *(with/without food)*	Times Per Day	Side Effects

Surgeries

Vaccinations

Allergies

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Family Medical History

Mapping your family medical history can help you identify some health risks you may face in the years ahead and help you plan for them. A complete family medical history includes information from three generations of relatives, including grandparents, parents, aunts and uncles, brothers and sisters, cousins, children, and nieces and nephews.

Blood Relative's Name	Relation to Self	Health Conditions	Date of Birth	Date of Death