

Self-Care Awareness Month

HEALTHY TIP SHEET - SEPTEMBER



Knowing your medical history allows you to make powerful choices for yourself. Healthcare professionals use the information to recommend health screening tests.

What's your story? Do you know your medical history? Do you know your family members' health history? Their medical history matters to you too. If you have a family history of a chronic disease, your risk is often greater. Your personal and family medical history can help you make choices to possibly prevent disease and be healthier.

5 Ways to Know Your Medical History

- Keep your medical records and health care contact information together in one place.
- Keep track of your medications.
- Request your medical records, especially if you've changed doctors, moved or not seen a doctor for a while.
- Use digital tools like online patient portals and other health technology solutions.
- Talk to your family members about their health.

Want More Information?

Visit NebraskaBlue.com/Wellness for additional health and wellness information and to take the Monthly Health Challenge – Know Your Medical History.

Source: Wellsource, Inc.

The information contained in this flyer has been carefully reviewed for accuracy. It is not intended to replace the advice of your physician or healthcare provider.

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