



Health and Wellness Tip of the Week Week 3 - January 14, 2019



BlueCross BlueShield
of Texas

Take wellness to

heart

Knowing Your Family's Story

Have you ever been at a doctor visit, start to fill out your new patient forms and realize you don't know much about your family's health? Not to worry – you can change that with a few tips to keep an up-to-date family health record.

- Write down names of family members that should be on your list
- Ask your family questions about long-term health issues
- Write down the facts your family shares with you
- Share with your doctor or family members who may be affected
- Talk to your doctor about ways to use this data to lower your risks for family health issues

Your doctor is a great aid in keeping you healthy. Help your doctor give the best care by giving as much background as you can.

Source: Centers for Disease Control and Prevention

City of Mission

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Our mission is to promote health awareness and encourage healthy lifestyles.

www.missiontexas.us

