



Instructions

To begin, open this brochure and fill in the tree with your family name, family members, and any health conditions. You can then use this tree to keep an organized record of your family health history. You can also take it to family reunions and Sunday family dinners to help create a healthy legacy for generations to come.

Generations of Wellness® Create your Family Health History Tree

Build your family tree on the Internet

We have created a fun, interactive Web tool to allow you to build your Family Health History Tree on the Internet.

Visit www.uhcgenerationstree.com to get started.

Get started in six easy steps:

1. Go to www.uhcgenerationstree.com
2. Click "Start a New Family Tree"
3. Name the family tree and enter your information
4. Enter information about other family members
5. Save for future use, e-mail it to others or print
6. Share with family and health care professional

It's that simple.

Additional Health Resources

For additional information on diabetes, contact the American Diabetes Association at 1-800-DIABETES or visit www.diabetes.org.

To learn more about the warning signs of cancer, contact the American Cancer Society at 1-800-ACS-2345 or visit www.cancer.org.

For more information on stroke, call the American Stroke Association at 1-888-4-STROKE or visit StrokeAssociation.org/power.

Additional information on heart disease can be obtained at 1-800-AHA-USA-1 or by visiting www.americanheart.org.

Generations of Wellness® Create your Family Health History Tree



African Americans share a proud heritage that has been passed from one generation to the next. Generations can also share a high risk for certain diseases such as cancer, hypertension and diabetes.

Knowing your family's health history is essential for early detection, prevention and treatment of many diseases that are prevalent in the African American community.

Did you know that having a blood relative with a certain health condition can significantly increase your risk of having the disease?

At UnitedHealthcare, we are dedicated to providing you and your family with enhanced tools and information to help you understand your risk factors for certain diseases. Our health initiative, Generations of Wellness®, offers African American members health information and tools that speak specifically to their cultural needs.

One of those tools is our Generations of Wellness **Family Health History Tree**. We have designed a fun tool that allows you to track extended family members and their corresponding health conditions.

The completed tree can help your entire family determine their risk factors for certain diseases that are common in the African American community, and more importantly, it can be used during doctor visits to help physicians prescribe a more personalized preventive and/or treatment plan.

The Family

Paternal Side

Maternal Side

Name:

Grandfather

Diabetes Advancing age
Stroke Atrial fibrillation
High blood pressure Heart surgery
Heart attack at an early age Carotid artery disease
Obesity/Overweight Sickle cell disease
High total cholesterol or LDL (bad) cholesterol Previous TIA ("mini stroke")
Low HDL (good) cholesterol High cholesterol
Smoking or exposure to secondhand smoke Cancer - type _____
Physical inactivity

Name:

Grandmother

Diabetes Advancing age
Stroke Atrial fibrillation
High blood pressure Heart surgery
Heart attack at an early age Carotid artery disease
Obesity/Overweight Sickle cell disease
High total cholesterol or LDL (bad) cholesterol Previous TIA ("mini stroke")
Low HDL (good) cholesterol High cholesterol
Smoking or exposure to secondhand smoke Cancer - type _____
Physical inactivity

Name:

Grandfather

Diabetes Advancing age
Stroke Atrial fibrillation
High blood pressure Heart surgery
Heart attack at an early age Carotid artery disease
Obesity/Overweight Sickle cell disease
High total cholesterol or LDL (bad) cholesterol Previous TIA ("mini stroke")
Low HDL (good) cholesterol High cholesterol
Smoking or exposure to secondhand smoke Cancer - type _____
Physical inactivity

Name:

Grandmother

Diabetes Advancing age
Stroke Atrial fibrillation
High blood pressure Heart surgery
Heart attack at an early age Carotid artery disease
Obesity/Overweight Sickle cell disease
High total cholesterol or LDL (bad) cholesterol Previous TIA ("mini stroke")
Low HDL (good) cholesterol High cholesterol
Smoking or exposure to secondhand smoke Cancer - type _____
Physical inactivity

Name:

Father

Diabetes Advancing age
Stroke Atrial fibrillation
High blood pressure Heart surgery
Heart attack at an early age Carotid artery disease
Obesity/Overweight Sickle cell disease
High total cholesterol or LDL (bad) cholesterol Previous TIA ("mini stroke")
Low HDL (good) cholesterol High cholesterol
Smoking or exposure to secondhand smoke Cancer - type _____
Physical inactivity

Name:

Mother

Diabetes Advancing age
Stroke Atrial fibrillation
High blood pressure Heart surgery
Heart attack at an early age Carotid artery disease
Obesity/Overweight Sickle cell disease
High total cholesterol or LDL (bad) cholesterol Previous TIA ("mini stroke")
Low HDL (good) cholesterol High cholesterol
Smoking or exposure to secondhand smoke Cancer - type _____
Physical inactivity

Name:

- Brother
 Sister

Diabetes Advancing age
Stroke Atrial fibrillation
High blood pressure Heart surgery
Heart attack at an early age Carotid artery disease
Obesity/Overweight Sickle cell disease
High total cholesterol or LDL (bad) cholesterol Previous TIA ("mini stroke")
Low HDL (good) cholesterol High cholesterol
Smoking or exposure to secondhand smoke Cancer - type _____
Physical inactivity

Name:

Me

Diabetes Advancing age
Stroke Atrial fibrillation
High blood pressure Heart surgery
Heart attack at an early age Carotid artery disease
Obesity/Overweight Sickle cell disease
High total cholesterol or LDL (bad) cholesterol Previous TIA ("mini stroke")
Low HDL (good) cholesterol High cholesterol
Smoking or exposure to secondhand smoke Cancer - type _____
Physical inactivity

Name:

- Brother
 Sister

Diabetes Advancing age
Stroke Atrial fibrillation
High blood pressure Heart surgery
Heart attack at an early age Carotid artery disease
Obesity/Overweight Sickle cell disease
High total cholesterol or LDL (bad) cholesterol Previous TIA ("mini stroke")
Low HDL (good) cholesterol High cholesterol
Smoking or exposure to secondhand smoke Cancer - type _____
Physical inactivity

Name:

- Daughter
 Son

Diabetes Advancing age
Stroke Atrial fibrillation
High blood pressure Heart surgery
Heart attack at an early age Carotid artery disease
Obesity/Overweight Sickle cell disease
High total cholesterol or LDL (bad) cholesterol Previous TIA ("mini stroke")
Low HDL (good) cholesterol High cholesterol
Smoking or exposure to secondhand smoke Cancer - type _____
Physical inactivity

Name:

- Daughter
 Son

Diabetes Advancing age
Stroke Atrial fibrillation
High blood pressure Heart surgery
Heart attack at an early age Carotid artery disease
Obesity/Overweight Sickle cell disease
High total cholesterol or LDL (bad) cholesterol Previous TIA ("mini stroke")
Low HDL (good) cholesterol High cholesterol
Smoking or exposure to secondhand smoke Cancer - type _____
Physical inactivity