

TOOLS

Family Tree History Data



When an illness runs in your family, and in combination with lifestyle and environmental factors, you may have an increased likelihood of developing it.¹

That's why your family's medical history is something doctors often ask about. And why you should know what illnesses your family members may have or had. Knowing their histories may help you make better informed decisions as you prepare for retirement.

Complete your family tree by listing chronic illnesses you know each person has or had.

5 in 10 people aged 65 will deal with a chronic illness or disability later in life.²



¹ US National Library of Medicine, <https://ghr.nlm.nih.gov/primer/mutationsanddisorders/predisposition>, Accessed November 27, 2018.

² Favreault M, et al. Long-term Services and Supports for Older Americans: Risks and Financing. ASPE Issue Brief. Department of Health and Human Services. February 2016.



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