

Family Health History Inquiry

Date: [Insert Date]

Dear [Family Member's Name],

I hope this letter finds you in good health and spirits. As part of my ongoing efforts to maintain our family health records, I am reaching out to gather some information regarding our family's health history.

Understanding our family health history is essential for identifying any potential health risks and making informed decisions about our health and wellness. If you could share any information about health conditions, diseases, or significant medical events that have affected our relatives, it would be greatly appreciated. Specifically, I am interested in:

- Any chronic illnesses (e.g., diabetes, heart disease, cancer)
- Significant mental health issues
- Any hereditary conditions within our family
- Age of onset for any conditions mentioned above

Please feel free to share as much or as little as you are comfortable with. If you have any documents or records, you could send along, that would also be very helpful.

Thank you for taking the time to help me with this information. I know how busy life can get, so I truly appreciate your willingness to contribute to our family's health initiative.

Warm regards,

[Your Name]

[Your Contact Information]