Fill in your family members’ names in the blank boxes. Below that, put a check beside any of the health conditions that apply.

Use this tree to learn more about your family’s health history. Identify blood-related family members who have suffered a stroke, or lived with high blood pressure or other serious health conditions. Then, share this Family History Tree with your doctor or healthcare provider. They can tell you what you can do to reduce your risk of suffering a stroke. For more information and to start your own free, online family tree, visit empoweredtoserve.org.