

Medical Information

Your executor won't need your medical history to treat you (you'll be gone). But they will need it for a few important reasons.

First, to complete your death certificate and notify your doctors. Second, to claim on any relevant insurance policies (some require medical history). And third, to give your family a record of hereditary conditions they should know about.

This section also helps if you become incapacitated before you die. If you have a stroke or dementia and can't communicate, your family will need to know your medical conditions, allergies, and current medications. Here's what to fill in. Fill in what you know. If you're healthy and rarely see a doctor, that's fine - just write "generally healthy, no ongoing conditions." If you have a long medical history, include the big stuff (chronic conditions, major surgeries, serious allergies). You don't need to list every cold you've ever had.

Here's what to include:

Your Family doctor. Name, clinic, phone number, and address. This is the first person your family will contact if something happens to you.

Your specialists. If you see a cardiologist, endocrinologist, oncologist, or any other specialist regularly, list their names and contact details. Include what they're treating you for.

Your current medications. List any prescription medications you take regularly. Include the name, dosage, and what it's for. If you're not on any regular medications, write "None."

Your significant medical conditions. Chronic illnesses (diabetes, heart disease, asthma, etc.), past surgeries, mental health conditions, or anything else that's part of your medical history. If you're in good health, write "No significant conditions."

Your allergies. Medications, foods, or anything else you're allergic to. If you have none, write "No known allergies."

Your blood type. If you know it, include it. If you don't, write "Unknown."

Your Extended Health Insurance details. If you have private health cover, include the insurer's name, your membership number, and what level of cover you have (hospital, extras, or both). Your executor might need this to claim on policies or cancel your membership.

WHY THIS MATTERS

Your family will need to notify your doctors and cancel appointments. They'll need your medical history for insurance claims. And if you have hereditary conditions (heart disease, certain cancers, diabetes), your children should know about them.

You've just given them a clear medical snapshot. That's one less thing they'll need to hunt for.

Your Medical Information

The medical details your family and doctors will need to act quickly.

GENERAL PRACTITIONER

GP NAME

CLINIC

ADDRESS

PHONE

SPECIALIST 1

NAME

SPECIALTY

PHONE

EMAIL

SPECIALIST 2

NAME

SPECIALTY

PHONE

EMAIL

Your Medical Information (cont.)

CURRENT MEDICATIONS

List medications below. Note dosage and what each is used for.

MEDICATION 1

MEDICATION

DOSAGE

USED FOR

MEDICATION 2

MEDICATION

DOSAGE

USED FOR

MEDICATION 3

MEDICATION

DOSAGE

USED FOR

Your Medical Information (cont.)

SIGNIFICANT MEDICAL CONDITIONS

Include chronic illnesses, past surgeries, mental health conditions.

CONDITION

CONDITION

ALLERGIES

ALLERGIC TO

ALLERGIC TO

ALLERGIC TO

BLOOD TYPE

EXTENDED HEALTH INSURANCE

INSURER 1

INSURER

MEMBERSHIP NUMBER

LEVEL OF COVER

INSURER 2

INSURER

MEMBERSHIP NUMBER

Your Medical Information (cont.)

LEVEL OF COVER

NOTES - ANYTHING ELSE YOUR EXECUTOR SHOULD KNOW ABOUT YOUR HEALTH