

“Knowing your family's medical history can save your life.”

–Surgeon General Richard H. Carmona

Leave a Legacy ... and Possibly Save a Life

My Life Log is a wonderful resource for your family and can become a lifesaving record for you. It evolves into a living chronicle that can serve a variety of important purposes.

A Lifesaving Medical Record

Whether you're traveling or at home, a medical emergency can have a better ending thanks to *My Life Log*. It provides medical personnel with key information so they needn't spend precious time tracking down your doctor or a family member.

Should your child, grandchild, or great-grandchild be faced with a medical question about his or her genetics, if you're no longer around, where will he or she find the answers? In *My Life Log*! It could save a life or allow your loved ones to sidestep or prevent an unfortunate health complication.

A Living Record for You—and for Those Who Care About You

We all have family members in our lives about whom we wish we knew more. But once those people are gone, it's too late to ask questions. *My Life Log* preserves the kinds of details that can be so important to a family, but are all too often lost.

More Than a Journal or Diary

Extremely well organized, *My Life Log* guides you to answer important questions you may not think of on your own. It encourages you to preserve your life and medical history in a format that is most useful to those who want or need to know about you. Key data are easily recorded and even more easily retrieved.

A Gift for You and Those Who Love You

Whatever your reason, whether for passing on possible lifesaving information or treasured reflections of a life, *My Life Log* is a valuable resource. It is both a tool and a gift for loved ones. Buy one for yourself and for each member of your family. They will all benefit from having their information preserved in this beautiful and well-organized journal.

“Complete a family history and leave a copy with your physician to file in your medical record.... Family history may be the single greatest risk factor for disease,” says Dr. Paula Yoon of the Center for Disease Control's Family Health Initiative, which encourages consumers to complete a family history and discuss it with their doctors. “Charting your family history enables you to set priorities based on your personal health risks.”

