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| HEALTH HISTORY QUESTIONNAIRE( |
| All questions contained in this questionnaire are strictly confidential and will become part of your medical record. |
| Name:  |  | ¨ M ¨ F | DOB: |  |
| Marital status:  | ¨ Single ¨ Partnered ¨ Married ¨ Separated ¨ Divorced ¨ Widowed |
| Current occupation/profession |  |
| Retired from  |  |
| Years of school completed, or Degrees obtained |  |
| Do you have an Advanced Directive or Power of Attorney for Health Care? If not, would you like more information about this topic? |  | Date of last physical exam: |  |
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| PERSONAL HEALTH HISTORY |
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| Childhood illness: | ¨ Measles ¨ Mumps ¨ Rubella ¨ Chickenpox ¨ Rheumatic Fever ¨ Polio |
| Immunizations and dates: | ¨ Tetanus |  | ¨ Pneumonia |  |
| ¨ Hepatitis |  | ¨ Chickenpox |  |
| ¨ Influenza |  | ¨ MMR Measles, Mumps, Rubella |  |
| List any medical problems that you have or have had |
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| Hospitalizations/Surgeries |
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| List your prescribed medications and over-the-counter medications, such as vitamins, herbals, inhalers, Tylenol, ibuprofen, etc |
| Medication | Reason for Taking | Frequency Taken |
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| Allergies to medications/foods/other |
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| HEALTH HABITS AND PERSONAL SAFETY |
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| All questions contained in this questionnaire are optional and will be kept strictly confidential. |
| Exercise | ¨ Sedentary (No exercise) |
| ¨ Mild exercise (i.e., climb stairs, walk 3 blocks, golf) |
| ¨ Occasional vigorous exercise (i.e., work or recreation, less than 4x/week for 30 min.) |
| ¨ Regular vigorous exercise (i.e., work or recreation 4x/week for 30 minutes) |
| Diet | Are you dieting? | ¨ | Yes | ¨ | No |
| If yes, are you on a physician prescribed medical diet? | ¨ | Yes | ¨ | No |
| # of meals you eat in an average day? 3-5 |
| Rank salt intake | ¨ Hi | ¨ Med | ¨ Low |
| Rank fat intake | ¨ Hi | ¨ Med | ¨ Low |
| Caffeine | ¨ None | ¨ Coffee | ¨ Tea | ¨ Cola |
| # of cups/cans per day?  |
| Alcohol | Do you drink alcohol? | ¨ | Yes | ¨ | No |
| If yes, what kind? |
| How many drinks per week? |
| Are you concerned about the amount you drink? | ¨ | Yes | ¨ | No |
| Have you considered stopping? | ¨ | Yes | ¨ | No |
| Have you ever experienced blackouts? | ¨ | Yes | ¨ | No |
| Are you prone to “binge” drinking? | ¨ | Yes | ¨ | No |
| Do you drive after drinking? | ¨ | Yes | ¨ | No |
| Tobacco | Do you use tobacco? | ¨ | Yes | ¨ | No |
| ¨ Cigarettes – pks./day | ¨ Chew - #/day | ¨ Pipe - #/day | ¨ Cigars - #/day |
| ¨ # of years | ¨ Or year quit |
| Drugs | Do you currently use recreational or street drugs? | ¨ | Yes | ¨ | No |
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| Illness related to the Human Immunodeficiency Virus (HIV), such as AIDS, has become a major public health problem. Risk factors for this illness include intravenous drug use and unprotected sexual intercourse. Would you like to speak with your provider about your risk of this illness?.” |  |  |  |  |
| ¨ | Yes | ¨ | No |
| Personal Safety | Do you live alone?  | ¨ | Yes | ¨ | No |
| Do you have frequent falls?  | ¨ | Yes | ¨ | No |
| Do you have vision or hearing loss?  | ¨ | Yes | ¨ | No |
|  |  |  |  |  |
| Do you feel safe at your home?  | ¨ | Yes | ¨ | No |
| Physical and/or mental abuse have also become major public health issues in this country. This often takes the form of verbally threatening behavior or actual physical or sexual abuse. Would you like to discuss this issue with your providr? |  |  |  |  |
| ¨ | Yes | ¨ | No |

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| Mental Health |
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| Is stress a major problem for you? | ¨ | Yes | ¨ | No |
| Do you feel depressed? | ¨ | Yes | ¨ | No |
| Do you panic when stressed? | ¨ | Yes | ¨ | No |
| Do you have problems with eating or your appetite? | ¨ | Yes | ¨ | No |
| Do you cry frequently? | ¨ | Yes | ¨ | No |
| Have you ever attempted suicide? | ¨ | Yes | ¨ | No |
| Have you ever seriously thought about hurting yourself? | ¨ | Yes | ¨ | No |
| Do you have trouble sleeping? | ¨ | Yes | ¨ | No |
| Have you ever been to a counselor? | ¨ | Yes | ¨ | No |
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| OTHER PROBLEMS |
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| Check if you have or have had any symptoms in the following areas to a significant degree and briefly explain. |

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| ¨ | Skin  | ¨ | Chest/Heart | ¨ | Recent changes in: |
| ¨ | Head/Neck | ¨ | Back | ¨ | Weight |
| ¨ | Ears | ¨ | Intestinal | ¨ | Energy level |
| ¨ | Nose | ¨ | Bladder | ¨ | Ability to sleep |
| ¨ | Throat | ¨ | Bowel | ¨ | Other pain/discomfort:  |
| ¨ | Lungs  | ¨ | Circulation |  |  |