

Name: \_\_\_\_\_ Birthdate: \_\_\_\_\_ Age: \_\_\_\_\_ Date: \_\_\_\_\_

Spouse, children names and ages \_\_\_\_\_

Occupation: \_\_\_\_\_

**HISTORY**

**Chief Complaint:** \_\_\_\_\_ LMP: (F) \_\_\_\_\_

Last medical exam/lab work \_\_\_\_\_ Physician name \_\_\_\_\_

Last dental exam \_\_\_\_\_ Mammogram/Pap Smear (F) \_\_\_\_\_ Colonoscopy \_\_\_\_\_

Bone Density \_\_\_\_\_ EKG/Treadmill \_\_\_\_\_

**Major Conditions and When**

High BP \_\_\_\_\_ Diabetes \_\_\_\_\_ High Cholesterol \_\_\_\_\_

Heart \_\_\_\_\_ Respiratory \_\_\_\_\_ Gastrointestinal \_\_\_\_\_

Genital/Urinary/Kidney \_\_\_\_\_ Musculoskeletal \_\_\_\_\_

Anxiety/Depression \_\_\_\_\_ Head/Ear/Nose/Throat/Thyroid \_\_\_\_\_

Gynecology/Menopause date (F) \_\_\_\_\_ Cancer \_\_\_\_\_

Surgery \_\_\_\_\_ Other \_\_\_\_\_

Slow down symptoms (energy, sex drive, muscle mass, fat mass) \_\_\_\_\_

**Medications:** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Supplements:** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Drug Allergies: \_\_\_\_\_ Other Allergies: \_\_\_\_\_

**Family History:** Parents, siblings health: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Lifestyle:** Exercise \_\_\_\_\_ Sleep \_\_\_\_\_ Alcohol \_\_\_\_\_ Smoke \_\_\_\_\_

What do you enjoy/relaxation \_\_\_\_\_ Stressors \_\_\_\_\_

Primary Health Objective \_\_\_\_\_

**Diet**

Typical breakfast \_\_\_\_\_

Snacks \_\_\_\_\_

Typical lunch \_\_\_\_\_

Drinks \_\_\_\_\_

Typical dinner \_\_\_\_\_

Sensitivities \_\_\_\_\_

**PHYSICAL EXAM**

CV Profiler \_\_\_\_\_ C1 \_\_\_\_\_ C2 \_\_\_\_\_

Start Time \_\_: \_\_ am/pm

BIA \_\_\_\_\_ Fat Mass \_\_\_\_\_ SCS \_\_\_\_\_

BP: \_\_\_\_\_ Pulse: \_\_\_\_\_ Weight: \_\_\_\_\_

General **N** **AB** Well appearing. Nourished COMMENTS:

HEENT \_\_\_\_\_ PERRL, EMOI, Oral clear

Neck \_\_\_\_\_ Supple. No mass. No Kernig/brud

Thyroid \_\_\_\_\_ No nodules, enlargement

Lungs \_\_\_\_\_ Clear bilat. No wheezing

Heart \_\_\_\_\_ RSR w/o murmurs. No S3.

Abdomen \_\_\_\_\_ BS nml. No HSM or mass

Back \_\_\_\_\_ No CVAT

Extremities \_\_\_\_\_ No cyanosis, clubbing or edema

Neurologic \_\_\_\_\_ CN II-XII intact. Giat normal

Skin \_\_\_\_\_ No rash or abnormal lesions.

Genital \_\_\_\_\_ No masses NST. No prostate nodule. Testes descended bilaterally.

Rectal \_\_\_\_\_ No mass. HEME: \_\_\_\_\_

**TESTS**

Cenegenics \_\_\_\_\_ Alcat \_\_\_\_\_ Bone Density \_\_\_\_\_

Westliff \_\_\_\_\_ Sanesco \_\_\_\_\_ Coronary Calcium score \_\_\_\_\_

Genova \_\_\_\_\_

Labs Reviewed: CBC \_\_\_\_\_ Chems \_\_\_\_\_ Lipids \_\_\_\_\_

Inflammatory Markers \_\_\_\_\_ Hormones \_\_\_\_\_

Others \_\_\_\_\_

**IMPRESSION**

Normal Exam/Healthy \_\_\_\_\_ Overweight \_\_\_\_\_ Hypertension \_\_\_\_\_ Mixed Hyperlipidemia \_\_\_\_\_

Diabetes \_\_\_\_\_ Hypothyroid \_\_\_\_\_ Hormone imbalance \_\_\_\_\_ Hypogonadism \_\_\_\_\_

Menopausal \_\_\_\_\_ Osteopenia \_\_\_\_\_ Osteoporosis \_\_\_\_\_ Osteoarthritis \_\_\_\_\_

**PLAN**

1. \_\_\_\_\_ 4. \_\_\_\_\_

2. \_\_\_\_\_ 5. \_\_\_\_\_

3. \_\_\_\_\_ 6. \_\_\_\_\_

**REFERRAL :** \_\_\_\_\_ **FOLLOW-UP :** \_\_\_\_\_

**Healthcare provider signature:** \_\_\_\_\_

End Time \_\_: \_\_ am/pm