



Today's Date: \_\_\_\_\_

Name: \_\_\_\_\_

DOB: \_\_\_\_\_

Occupation: \_\_\_\_\_ Single/ Married/ Divorced/ Separated/ Significant other

**Children (names and ages):**

  
  

**Number of people in household and relationship:**

**Reason for your visit today:**

**Medical History**

Health Concern	Check if yes	Health Concern	Check if yes
Alcoholism		Hypertension (high blood pressure)	
Allergies		Mental Health Disorders	
Alzheimer's disease		Migraine headache	
Arthritis		Neurological disorders	
Asthma		Obesity	
Cancer (indicate type)		Osteoporosis	
Diabetes		Stroke	
Heart Disease/heart attack			

**Surgical History**

*Please list all surgeries you have had and the dates.*



**Family Medical History**

*Please indicate which blood relatives (mother, father, grandparents and siblings)*

Health Concern	Family Member	Health Concern	Family Member
Alcoholism		Mental Health Disorders	
Allergies		Migraine headache	
Alzheimer's disease		Neurological disorders	
Arthritis		Obesity	
Asthma		Osteoporosis	
Cancer (indicate type)		Stroke	
Diabetes			
Heart Disease		Early death from any cause	
Hypertension			

**Medications/ Supplements/ Vitamins**

*Please check any of the following medications that you are taking or have taking or have taken in the last 2 years:*

- |  |   |  |
|--|---|--|
| <input type="checkbox"/> Blood Pressure          | <input type="checkbox"/> Recreational Drugs | <input type="checkbox"/> Birth Control Pills |
| <input type="checkbox"/> Diabetes                | <input type="checkbox"/> Aspirin/ Tylenol   | <input type="checkbox"/> Pain Relievers      |
| <input type="checkbox"/> Diuretics (water pills) | <input type="checkbox"/> Laxatives          | <input type="checkbox"/> Allergies           |
| <input type="checkbox"/> Sleeping Pills          |   |  |

Any known allergies or drug sensitivities? \_\_\_\_\_

Medications (if more space is needed, please attach a separate sheet)

Listing of Drugs	Dosage/ Amount	Reason for Taking	Duration of Use

Do you Smoke or Chew? Yes/ No      If so how much? \_\_\_\_\_

Do you drink alcohol?    Yes/ No

In one week how many glasses do you consume and how often? \_\_\_\_\_

How often do you exercise? \_\_\_\_\_

What type of exercises do you do? (e.g. strength training, stretching, cardio): \_\_\_\_\_

**Thank you for your response!**  
**Your Wellness Team**