

Windsor Regional Medical Associates

ANNUAL PHYSICAL

Name _____ Date _____

The annual preventive exam serves an important role in maintaining your health. Most commercial insurance plans cover this exam yearly because of the benefits it offers. The preventive visit includes an assessment of your health status, discussion of disease prevention, age-appropriate screening, and a thorough physical examination.

Management of your chronic medical conditions or acute health issues may need to be done today as well. Such services are beyond the scope of the preventive exam and are billed separately in accordance with current health insurer guidelines. This may result in owing a co-payment or co-insurance amount, depending on your plan.

Are there any health concerns you wish to address today? Has there been a change to your medications or health status?

If so, briefly explain: _____

Please **circle** any of the following that have been done since your last physical:

Vaccines	Tests	Date Done	Specialists Seen	Specialist Name	Date
Flu	Cholesterol	_____	Dentist	_____	_____
HPV	Blood sugar/A1c	_____	Eye Doctor	_____	_____
Tetanus	Colon Screening	_____	Gynecologist	_____	_____
Hepatitis A	Chest X-ray	_____	Cardiologist	_____	_____
Hepatitis B	EKG	_____	Gastroenterologist	_____	_____
Shingles	Stress Test	_____	Endocrinologist	_____	_____
Pneumonia	Prostate Exam	_____	Dermatologist	_____	_____
Meningitis	Pap Smear	_____	Pulmonologist	_____	_____
	Bone Density	_____	Other:	_____	_____
	Mammogram	_____	Other:	_____	_____

FAMILY UPDATE – Are there any changes in health status for your family?

LIFESTYLE UPDATE

Are you currently smoking? _____ If so, do you want to quit? _____

Are you using any illicit drugs or medications not prescribed for you? Yes No

Are you currently on a diet or weight-loss plan? _____

On average, how many alcoholic beverages do you drink in a week? _____

Please describe your exercise pattern: _____

Are you concerned about having been exposed to a sexually transmitted disease? Yes No

Are there any new changes stresses in your life that are impacting your health? Yes No