

# 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:

<u>Vaccines</u>	<u>Tests Done</u>	<u>Specialists Seen</u>	<u>Specialist Name</u>	<u>Approximate Date</u>
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