

HEALTH HISTORY

WHAT MEDICATIONS ARE YOU TAKING?

WHAT ALLERGIES DO YOU HAVE?

WHAT VITAMINS ARE YOU TAKING?

We can make a copy of a meds. list

Injuries/Surgeries you have had

Description

Date

Surgeries _____

Sprain / Strain _____

Head Injuries _____

Broken Bones/Dislocations _____

Hospitalization

Date _____ Reason _____

Major Illness

Date _____ Reason _____

Do you have: (please circle) Pacemaker _____ Defibrillator _____

Reported Tests

Date of Last: MRI _____ CT-Scan _____ Ultra Sound _____ X-Ray _____

Are you pregnant: No _____ Yes _____ Due Date: _____

HABITS

EXERCISE

WORK ACTIVITY

___ Smoking Packs/Day _____

___ Alcohol Drinks/Week _____

___ Coffee Cups/Day _____

___ Pop/Soda Cups/Day _____

___ High Stress Reason _____

___ None Frequency _____

___ Moderate 1 X Wk. _____

___ Heavy 3 X Wk. _____

5 X Wk. _____

___ Sitting _____

___ Standing _____

___ Light Labor _____

___ Heavy Labor _____

PERSONAL & FAMILY HEALTH HISTORY *It is very important that you complete ALL of this information!

***Place a "X" on "Yes" if it pertains to YOU.**

***Place a "X" on "Fam" if it pertains to a FAMILY member & mark the relationship to you on the Rel. line (ex: mom, grandpa...)**

*AIDS/HIV	___ Yes ___ Fam - Rel. _____	*Fractures	___ Yes ___ Fam - Rel. _____	*Nerve Disorders	___ Yes ___ Fam - Rel. _____
*Alcoholism	___ Yes ___ Fam - Rel. _____	*Glaucoma	___ Yes ___ Fam - Rel. _____	*Osteoporosis	___ Yes ___ Fam - Rel. _____
*Anemia	___ Yes ___ Fam - Rel. _____	*Goiter	___ Yes ___ Fam - Rel. _____	*Polio	___ Yes ___ Fam - Rel. _____
*Appendicitis	___ Yes ___ Fam - Rel. _____	*Gout	___ Yes ___ Fam - Rel. _____	*Prostatitis	___ Yes ___ Fam - Rel. _____
*Arthritis	___ Yes ___ Fam - Rel. _____	*Heart Attack	___ Yes ___ Fam - Rel. _____	*Psychiatric Care	___ Yes ___ Fam - Rel. _____
*Asthma	___ Yes ___ Fam - Rel. _____	*Heart Disease	___ Yes ___ Fam - Rel. _____	*Rheumatic Fever	___ Yes ___ Fam - Rel. _____
*Bleeding Disorders	___ Yes ___ Fam - Rel. _____	*Hepatitis	___ Yes ___ Fam - Rel. _____	*Scarlet Fever	___ Yes ___ Fam - Rel. _____
*Breast Lump	___ Yes ___ Fam - Rel. _____	*Hernia	___ Yes ___ Fam - Rel. _____	*STD	___ Yes ___ Fam - Rel. _____
*Cancer	___ Yes ___ Fam - Rel. _____	*Herniated Disk	___ Yes ___ Fam - Rel. _____	*Stroke	___ Yes ___ Fam - Rel. _____
*Chemical Dependency	___ Yes ___ Fam - Rel. _____	*High Cholesterol	___ Yes ___ Fam - Rel. _____	*Thyroid Problems	___ Yes ___ Fam - Rel. _____
*Chicken Pox	___ Yes ___ Fam - Rel. _____	*Kidney Disease	___ Yes ___ Fam - Rel. _____	*Tuberculosis	___ Yes ___ Fam - Rel. _____
*COPD	___ Yes ___ Fam - Rel. _____	*Liver Disease	___ Yes ___ Fam - Rel. _____	*Tumors, Growths	___ Yes ___ Fam - Rel. _____
*Diabetes	___ Yes ___ Fam - Rel. _____	*Measles	___ Yes ___ Fam - Rel. _____	*Ulcers	___ Yes ___ Fam - Rel. _____
*Eating Disorders	___ Yes ___ Fam - Rel. _____	*Headaches	___ Yes ___ Fam - Rel. _____	*Other _____	___ Yes ___ Fam - Rel. _____
*Emphysema	___ Yes ___ Fam - Rel. _____	*Mumps	___ Yes ___ Fam - Rel. _____		
*Epilepsy	___ Yes ___ Fam - Rel. _____	*Muscular Disorders	___ Yes ___ Fam - Rel. _____		