

Your Wellness History – Health Profile

Date: _____
 Name: _____ DOB: _____ Age: ____/ Male Female
 Address: _____ City: _____ State: ____ Zip: _____
 Home # () _____ Work: () _____ Cell: () _____
 Best time to contact: _____
 Email address: _____ Status: Single Married Divorced Widowed
 # of Children: _____ Names/Age: _____
 Occupation: _____ Employer Name/Address: _____

Rate your health and wellness.

Place an 'X' that denotes where you believe is your current level of wellness.
Place an 'O' indicating where you would like your wellness to be.



YOUR HEALTH PROFILE

➤ What brings you into our office today?

Please briefly describe, including the impact it has had on your life. If you're only here for chiropractic wellness services please skip this part and go to "General History" on the next page.

Rate Severity (scale 1-10, 1 being mild) When and how did this start? Are symptoms constant or intermittent?

➤ Since the problem started it is; ___the same ___getting better ___ getting worse

What makes the problem worse? _____

➤ What, if anything, makes the problem feel better? _____

➤ Does this interfere with your; ___Leisure ___Work ___Sleep ___Sports ___Other

➤ Have you seen other doctors for this condition? ___Chiropractor ___MD ___Other

Name/Address: _____ Date: _____
 What was the diagnosis: _____

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GENERAL HISTORY

➤ Please list all medications you are taking, and why; (Prescription and non-prescription)

➤ Have you had any surgeries and/or hospitalizations? ___Yes ___No

If yes, briefly explain: _____

➤ Have you ever had any work related injuries? ___Yes ___No

If yes, briefly explain: _____

➤ Have you ever had any slips, falls or auto accidents? ___Yes ___No

If yes, briefly explain: _____

Please check all symptoms you have ever had, even if they do not seem related to your current problem.

- | | | | |
|---|---|---|--|
| <input type="checkbox"/> Headaches | <input type="checkbox"/> Buzzing in ears | <input type="checkbox"/> Irritability | <input type="checkbox"/> Diarrhea |
| <input type="checkbox"/> Pins & needles in arms | <input type="checkbox"/> Ringing in ears | <input type="checkbox"/> Cold hands | <input type="checkbox"/> Cold sweats |
| <input type="checkbox"/> Pins & needles in legs | <input type="checkbox"/> Numbness in toes | <input type="checkbox"/> Cold feet | <input type="checkbox"/> Mood Swings |
| <input type="checkbox"/> Dizziness | <input type="checkbox"/> Depression | <input type="checkbox"/> Fever | <input type="checkbox"/> Loss of smell |
| <input type="checkbox"/> Numbness in fingers | <input type="checkbox"/> Constipation | <input type="checkbox"/> Urinary problem | <input type="checkbox"/> Loss of taste |
| <input type="checkbox"/> Fatigue | <input type="checkbox"/> Menstrual pain | <input type="checkbox"/> Fainting | <input type="checkbox"/> Back pain |
| <input type="checkbox"/> Sleeping problems | <input type="checkbox"/> Menstrual irregularity | <input type="checkbox"/> Eyes bothered by light | <input type="checkbox"/> Neck Pain |
| <input type="checkbox"/> Tension | <input type="checkbox"/> Hot flashes | <input type="checkbox"/> Stomach upset | <input type="checkbox"/> Stiff neck |
| <input type="checkbox"/> Ulcers | | | |

YOUR GOALS

➤ On a scale of 1 to 10 (1 = none, 10 = extreme), describe your emotional/psychological/lifestyle stress levels:

Scale = ____ Occupational stress: _____

Scale = ____ Personal stress: _____

➤ On a scale of 1 to 10 (1 = poor, 10 = excellent), describe your habits and condition as it relates to

Eating____ Exercise____ Sleep____ General Health____ Wellness lifestyle____

At our office we're concerned about your health and wellness goals. Please take a moment to list your goals

Wellness Goals

Be Fit. *(Physical)*

Eat Right. *(Nutritional)*

Think Well. *(Psychological)*

Please check all that are relevant.

Do you:

- Water - Drink ½ your body weight in ounces
- Exercise regularly
- Take vitamins or supplements

Would you like to know more about:

- Proper Nutrition and meal planning
- Proper exercise routines and techniques
- How to deal with LifeStyle stress

Thank you for filling out this form.
It is your first step to Creating Wellness!

I consent to a professional and complete chiropractic examination, and to any radiographic examination that the doctor deems necessary. I understand that all fee's for services rendered are due at the time of service and cannot be deferred to a later date.

Signature: _____ Date: _____

Please return this form to our staff and someone will be right with you.