

Annual Wellness Exam

Date of assessment: March 31, 2025

Patient information		
Name: Rebecca Dawson		Date of birth: July 15, 1965
Age: 59		Gender: Female
Height: 5'5"		Weight: 162 lbs
Contact information: rebecca.dawson@email.com (555) 123-7890		
Health risk assessment		
Demographics completed?	☒ Yes	☐ No
Self-rated health status:		
☐ Excellent	☒ Good	
☐ Fair	☐ Poor	
Medical history (chronic conditions, surgeries):		Family history (hereditary conditions):
Type 2 diabetes, hypertension, appendectomy in 2009		Father had coronary artery disease, mother had type 2 diabetes
Behavioral risks (e.g., tobacco use, alcohol):		Psychosocial risks (e.g., depression, isolation):
Occasional alcohol use (1-2 drinks/week), no tobacco use		Mild anxiety related to caregiving responsibilities
Activities of daily living (ADLs) functional status:	☒ Independent	☐ Needs assistance
If they need assistance, please specify:		
N/A		
Medical history review		
Past illnesses/surgeries:		Chronic conditions:
Appendectomy, history of gestational diabetes		Type 2 diabetes, hypertension, hyperlipidemia

Wellness Exam Guidelines

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