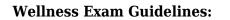
Annual Wellness Exam

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

Cheryl Jerabek



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