

ANNUAL PHYSICAL EXAMINATION FORM

Name					Date				
Allergies					DOB			Age	
Height		Weight		Blood pressure		Pulse		LMP	

PROBLEMS ADDRESSED	MEDICATIONS	RXS WRITTEN

RISK FACTORS REVIEWED		
1.	Diet	
2.	Exercise	
3.	Safety (seat belts, smoke detectors, firearms, violence)	
4.	Smoking	
5.	Alcohol and other drugs	
6.	STDs/Contraception	
7.	Advanced directive	

DISEASE PREVENTION AND RECOMMENDATIONS		
1.	Stroke and coronary disease (BP, cholesterol, weight, stress, aspirin - 81 mg./day)	
2.	Cancer (diet, vitamin C - 500 mg., E - 400 units)	
3.	Osteoporosis (exercise, calcium 1500 mg., vitamin D - 400 units, estrogen)	
4.	Viruses and colds (wash hands, vitamin C - 500-1000 mg., Echinacea, fluids, zinc)	
5.	Other	

HEALTH MAINTENANCE (enter date, or ✓ if done today, or WS for "will schedule")						
Immunizations	Td	Pne	Pneumococci	Hep.B	Hep.C	Varicella
Lab	CBC	Chem	TSH	PSA	Lipid profile	
	UOA		Urinalysis	Other		
Pap			OC/CT			
Mammogram			Bone density			
Flex. dig.			Tonsillect		Ophthalmology	

OTHER RECOMMENDATIONS/REFERRALS

Follow-up		Next physical	
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(Dr. Name) (Dr. Name) (Dr. Name) (Dr. Name) (Dr. Name) (ARNP Name) (ARNP Name)

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