

MEDICARE HEALTH RISK & SCREENING TOOL

In order for Medicare to pay for a wellness visit, the patient MUST complete a Health Risk Assessment Form. Please complete the form. If you need our assistance, please ask and our staff will be happy to help you.

Patient Name: _____ **Birth Date:** _____

EXERCISE: Type: _____

How Often? _____ How long each time? _____

DIET: On average per day, how many servings of the following do you eat?

Fruits: _____ Dairy: _____ Vegetables: _____ Fiber: _____

In an average week, how many servings of the following do you eat?

<i>Red Meat (beef/pork)</i>	_____	servings per week
<i>Chicken</i>	_____	servings per week
<i>Fish</i>	_____	servings per week
<i>Fried Foods</i>	_____	servings per week
<i>Fast Food</i>	_____	servings per week
<i>Restaurant</i>	_____	servings per week

Do you take supplements?

<i>Calcium</i>	_____	Yes	_____	No	_____	How many units/milligrams
<i>Vitamin D</i>	_____	Yes	_____	No	_____	How many units/milligrams
<i>Multi-Vitamin</i>	_____	Yes	_____	No	_____	
<i>Other (Please list)</i>	_____					

ALCOHOL: How many drinks per day? _____ OR per week? _____

Have you drunk more heavily in the past? _____ Yes _____ No

TOBACCO: Do you currently smoke? _____ Yes _____ No If yes, how much? _____

Have you smoked in the past? _____ Yes _____ No If yes, when did you quit? _____

Have you ever chewed tobacco or used snuff? _____ Yes _____ No If yes, when? _____ how much? _____

AUTOMOBILE: Do you drive? _____ Yes _____ No

Do you wear a seat belt? _____ Yes _____ No

Do you drive after drinking or ride with a driver who has been drinking? _____ Yes _____ No

SUN: Do you wear sunscreen? _____ Always _____ Sometimes _____ Never

SELF CARE:

Do you have problems with your vision? _____Yes _____No

Last eye doctor appointment _____How often? _____

Last dental appointment _____

Do you have problems doing things with your hands such as buttoning, cooking, cleaning? _____Yes _____No

Are you having problems with your memory? _____Yes _____No

Do you have a living will? _____Yes _____No

Have you named a Medical Power of Attorney? _____Yes _____No

Have you discussed your wished for what happens to you if you can't communicate? (I.e. had a stroke or been in an accident?) _____Yes _____No

SOCIAL: Do you feel safe where you live? _____Yes _____No

Do you feel you can count on family or friends to help you? _____Yes _____No

Sleep:

Do you feel you have problems with sleep, snoring or day time sleepiness? ___ yes ___ no

Would you like to speak with us about this? ___ yes ___ no

LIST OTHER PROVIDERS RENDERING YOU CARE:

COGNITIVE SCREEN: Draw a clock face, including all the numbers. Place the hands on the clock to read 4:10.

PATIENT TO LEAVE THE BELOW BLANK. TO BE COMPLETED BY THE PROVIDER. RECALL 3 UNRELATED ITEMS

1. _____
2. _____
3. _____

PROVIDER SIGNATURE: _____ **DATE:** _____