

HILLSBORO CLINIC

Excellence in Primary Care



356 SE 9th Ave
Hillsboro, OR 97213
www.HillsboroClinic.com
503.681.4366 (phone)
503.681.4374 (fax)

DR. MARC E. LEWIS DR. MEENAKSHI AGGARWAL ANNE DUNNE, DNP MELINDA SANFILIPPO, FNP

PATIENT: _____ DOB: _____

Thank you for attending your annual health maintenance exam. Depending on your health insurance plan, you may receive preventative benefits for a reduced copay or no copay. We would like to clarify the services covered as preventative benefits and what can and cannot take place during your visit to avoid additional charges.

Covered:

- Age/Gender focused exam
- Advice for disease prevention and healthy living
- Discussions about previously identified risk factors (i.e. smoking)
- Lab/Imaging tests to screen for diseases for which you may be at risk due to age, gender, or lifestyle
- Standard age-based immunization

Non-Covered:

- New problems that require lab test, images or other evaluation
- New problems that require prescription medication
- Minor procedures (i.e. skin tag removal, wart treatment)
- Chronic problems that require evaluation, management strategies and possibly changes in medication
- Immunizations specific for traveling

You may schedule a separate appointment to address new problems or unstable chronic conditions. On the other hand, if you make an appointment for a health maintenance visit and have additional concerns, your provider may want to focus on your concerns first and defer the health maintenance visit until another appointment. Non-preventative issues could result in additional charges for the tests or office visit. In many cases, we provide more than the basic requirements in order to provide more complete care. Please note that this handout does not completely define our inclusions or exclusions.

As a patient of the Hillsboro Clinic I understand that any and all charges associated with the cost of a routine Health Maintenance physical exam may not be covered by my health insurance carrier if I discuss any of the above mentioned Non-Covered services with my provider during the exam. I also understand that any and all diagnostic tests ordered by my provider and performed as a result of current health issues discussed during my exam may not be covered by my insurance. If my insurance does not cover these services I may be held financially responsible for the charges related to these services.

NAME: _____ DATE: _____

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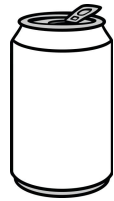
PATIENT: _____ DOB: _____

Annual Questionnaire

Once a year, all our patients are asked to complete this form because drug use, alcohol use, and mood can affect your health as well as medication you may take. Please help us provide you with the best medical care by answering the questions below.

Are you currently in recovery for alcohol or substance use?

- Yes No



12 oz. Beer



5 oz. Wine



1.5 oz. Liquor

ALCOHOL: One Drink =

| | None | 1 or more |
|---|-----------------------|-----------------------|
| MEN: How many times in the past year have you have 5 or more drinks in a day? | <input type="radio"/> | <input type="radio"/> |
| WOMEN: How many times in the past year have you have 4 or more drinks in a day? | <input type="radio"/> | <input type="radio"/> |

DRUGS: Recreational drugs include methamphetamines (speed, crystal), cannabis (marijuana, pot), inhalants (paint thinner, aerosol, glue), tranquilizers (Valium), barbiturates, cocaine, ecstasy, hallucinogens (LSD, mushrooms), or narcotics (heroin).

| | None | 1 or more |
|---|-----------------------|-----------------------|
| How many times in the past year have you used a recreational drug or used a prescription medication for nonmedical reasons? | <input type="radio"/> | <input type="radio"/> |

MOOD:

| | None | 1 or more |
|---|-----------------------|-----------------------|
| During the past two weeks, have you been bothered by little interest or pleasure in doing things? | <input type="radio"/> | <input type="radio"/> |
| During the past two weeks, have you been bothered by feeling down, depressed, or hopeless? | <input type="radio"/> | <input type="radio"/> |

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PATIENT: _____ DOB: _____

Patient Intake Form for Annual Physical

Medication Allergies:

Please list any below.

In the past year have you been hospitalized, injured, or had surgery?

If so, what and when?

Social History:

Marital status: _____

Job type: _____

Children: _____

Do you smoke?

If so, what, how much, and for how long?

Do you drink?

If so, what and how much per week?

Do you recreational drugs?

If so, what, how much per week, and for how long?

Advance Directive

If you are over the age of 70, do you have a health care advance directive/living will, or health care proxy/power of attorney?

PATIENT: _____

DOB: _____

Review of Systems

Do you have any of the following problems and diseases?

| | | | | | |
|----------------------------|---------|--------|-----------------|---------|--------|
| Headaches | ___ Yes | ___ No | Alcoholism | ___ Yes | ___ No |
| Blurred vision | ___ Yes | ___ No | Arthritis | ___ Yes | ___ No |
| Chest pains | ___ Yes | ___ No | Cancers | ___ Yes | ___ No |
| Palpitations/racing heart | ___ Yes | ___ No | Diabetes | ___ Yes | ___ No |
| Lightheadedness | ___ Yes | ___ No | Dementia | ___ Yes | ___ No |
| Shortness of breath | ___ Yes | ___ No | Heart Disease | ___ Yes | ___ No |
| Swelling to legs/hands | ___ Yes | ___ No | Kidney Disease | ___ Yes | ___ No |
| Loss of energy | ___ Yes | ___ No | Liver Disease | ___ Yes | ___ No |
| Heartburn | ___ Yes | ___ No | Irregular Pulse | ___ Yes | ___ No |
| Nausea | ___ Yes | ___ No | Obesity | ___ Yes | ___ No |
| Diarrhea | ___ Yes | ___ No | Lung Disease | ___ Yes | ___ No |
| Blood in stools | ___ Yes | ___ No | Chronic Pain | ___ Yes | ___ No |
| Joint pain | ___ Yes | ___ No | Skin changes | ___ Yes | ___ No |
| Tremors | ___ Yes | ___ No | Seizures | ___ Yes | ___ No |
| Excessive sweating | ___ Yes | ___ No | Stroke | ___ Yes | ___ No |
| Incontinence (urine/stool) | ___ Yes | ___ No | Thyroid Disease | ___ Yes | ___ No |

Hearing Loss Screen:

1. Do you have trouble hearing the television or radio when other don't? ___ Yes ___ No
2. Do you strain to hear/understand conversations? ___ Yes ___ No

Fall Prevention:

Do you fall frequently? ___ Yes ___ No

If so, does your home have

- | | |
|-------------------------------------|---|
| Rugs in the hallway? ___ Yes ___ No | Grab bars in the bathroom? ___ Yes ___ No |
| Poor lighting? ___ Yes ___ No | Handrails on the stairs? ___ Yes ___ No |

Exercise

How often do you exercise?

Daily: ___ 4-5 days per week: ___ 2-3 days per week ___ 1 day per week ___ None ___

Regimen?

Walking: ___ Run: ___ Bike: ___ Gym: ___ House/Yard work: ___ Other: ___

Dietary

Rate your healthy diet habits: Excellent ___ Good ___ Fair ___ Poor ___ None ___

Type: Low carb ___ Low salt ___ Low fat/cholesterol ___ Reduced portions ___

PATIENT: _____ DOB: _____

Sleep Health

Is your sleep sufficient? Yes No Hour per night _____
Naps? Yes No Occasional Regular
Snoring? Yes None reported
Apnea? Yes None reported
Daytime sleepiness? Yes No
Medications tried? Yes No
Medication Name(s):

Effective? Yes No Partial
Details:

Bladder Control Issues

1. Do you have trouble with urinary leakage? Yes No
2. Would you like to discuss treatment options? Yes No

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PATIENT: _____ DOB: _____

Patient Health Questionnaire (PHQ-9)

Date: _____

Over the last 2 weeks, how often have you been bothered by any of the following problems?
 (Please clearly circle your answer)

| | Not at all | Several days | More than half the days | Nearly every day |
|--|------------|--------------|-------------------------|------------------|
| 1. Little interest or pleasure in doing things | 0 | 1 | 2 | 3 |
| 2. Feeling down, depressed, or hopeless | 0 | 1 | 2 | 3 |
| 3. Trouble falling or staying asleep, or sleeping too much | 0 | 1 | 2 | 3 |
| 4. Feeling tired or having little energy | 0 | 1 | 2 | 3 |
| 5. Poor appetite or overeating | 0 | 1 | 2 | 3 |
| 6. Feeling bad about yourself, or that you are a failure or have let yourself or your family down | 0 | 1 | 2 | 3 |
| 7. Trouble concentrating on things, such as reading the newspaper or watching television | 0 | 1 | 2 | 3 |
| 8. Moving or speaking so slowly that other people could have noticed. Or the opposite: being so fidgety or restless that you have been moving around a lot more than usual | 0 | 1 | 2 | 3 |
| 9. Thoughts that you would be better off dead, or of hurting yourself | 0 | 1 | 2 | 3 |

TOTAL:

| | |
|---|----------------------------|
| 10. If you have circled any problems, how difficult have these problems made it for you to do your work, take care of things at home, or get along with other people? | Not difficult at all _____ |
| | Somewhat difficult _____ |
| | Very difficult _____ |
| | Extremely difficult _____ |

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PATIENT: _____ DOB: _____

Family History

| Disorder | Father | Mother | Brother | Sister | Son | Daughter | Other |
|--------------------------|--------|--------|---------|--------|-----|----------|-------|
| Alcoholism | | | | | | | |
| Anemia | | | | | | | |
| Arthritis | | | | | | | |
| Asthma | | | | | | | |
| Birth Defects | | | | | | | |
| Bleeding Disorder | | | | | | | |
| Breast Cancer | | | | | | | |
| Cervical Cancer | | | | | | | |
| Colon Cancer | | | | | | | |
| Congestive Heart Failure | | | | | | | |
| Coronary Heart Disease | | | | | | | |
| Depression | | | | | | | |
| Diabetes | | | | | | | |
| Hypertension | | | | | | | |
| High Cholesterol | | | | | | | |
| Kidney/Renal Disease | | | | | | | |
| Lung/Respiratory Disease | | | | | | | |
| Migraines | | | | | | | |
| Osteoporosis | | | | | | | |
| Seizures | | | | | | | |
| Severe Allergies | | | | | | | |
| Stroke/CVA | | | | | | | |
| Thyroid Disorder | | | | | | | |
| Melanoma | | | | | | | |
| Obesity | | | | | | | |
| Other Cancer | | | | | | | |
| Ovarian Cancer | | | | | | | |
| Uterine Cancer | | | | | | | |