

CURRENT HEALTH ASSESSMENT

What are your present health concerns? Please list in order of importance to you:

- 1) _____
- 2) _____
- 3) _____
- 4) _____

List current health conditions that you are being treated for: _____

Please list any prescription medications, over the counter medications, vitamins or other supplements you are *currently* taking:

| Name | Dosage | Frequency | For What Symptoms or Conditions | Since when/For how long |
|------|--------|-----------|---------------------------------|-------------------------|
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Please list any drugs, foods, environmental factors or chemicals you are hypersensitive or allergic to:

How would you rate the followings on a scale of 1 to 10, 10 being the highest:

- Your current state of well-being:
- Your current state of *PHYSICAL* health:
- Your current state of *EMOTIONAL* health:
- Your current state of *MENTAL* health:
- Your current stress level:
 Please identify the major sources of stress in your life: _____

When during the day is your energy the best? Morning Afternoon Evening Night

When during the day is your energy the worst? Morning Afternoon Evening Night

Do you have pain anywhere in the body? If so, please specify the location:

MEDICAL HISTORY

Please indicate any health conditions, hospitalizations, surgeries, and injuries you have had other than the diagnoses that are currently treated:

| Year | Illness, Hospitalization, Surgery or Injury |
|----------|---|
| 1) _____ | _____ |
| 2) _____ | _____ |
| 3) _____ | _____ |
| 4) _____ | _____ |
| 5) _____ | _____ |

Please list any prescription medications, over the counter medications, vitamins or other supplements you took in the past:

What are the most significant or traumatizing events in the past that might have affected your physical, emotional, mental and/or spiritual part of health (eg. loss of a loved one, discouraged passion, serious car accidents, breaking up, etc)?

Please specify physical and psychological/mental illnesses or conditions in your family

| Relationship | Age | Medical Condition (physical, emotional and mental), and/or addiction |
|----------------------|-----|--|
| Parental Grandmother | | |
| Parental Grandfather | | |
| Maternal Grandmother | | |
| Maternal Grandfather | | |
| Mother | | |
| Father | | |
| Brother(s) | | |
| Sister(s) | | |

*** Thank you for including naturopathic medicine as part of your health care plan. I will do my best to work with you towards your health and wellbeing. Thank you.*