Larry F. Berman, M.D., M.S.P.H, P.C.

Adult & Adolescent Internal Medicine

10620 Park Rd. Suite 128♦Charlotte, NC 28210 Phone 704.542.6111♦Fax 704.542.1239

A WORD TO OUR PATIENT
ABOUT PREVENTATIVE CARE-PHYSICIAL EXAMS

Preventive care includes routine well exams, screenings, and immunizations intended to prevent or avoid illness or other health problems.

This exam is prevention focused, not problem focused. If you have a new health problem or other diagnoses that need to be addressed during your preventive office visit, e.g. (high blood pressure, diabetes, skin rash, or headaches), your provider may bill part of the exam at 100% for your annual preventive exam and part of your office visit for treatment of your diagnosis.

At your preventative visit, our healthcare team will take a complete health history and provide several other services including, but not limited to:

- Screenings to detect depression, risk for falling and other problems,
- A limited physical exam to check your blood pressure, weight, vision and other things depending on your age, gender and level of activity
- Recommendations for other preventative services and healthy lifestyles changes

The portion of your visit related to the treatment of your diagnosis would apply towards your deductible and coinsurance.

______________________________ ____________________________
Patient Name (Print) Date of Birth

______________________________ ____________________________
Signature Date

Patient # __________________ (Office use only)

Health History Questionnaire: Larry F. Berman, MD, PC

☐ Initial ☐ Annual

Name____ Date of birth__________________________

Address____

Local phone number__________________________ Alternative phone number________________

Preferred Pharmacy__________________________ Pharmacy phone number__________________

Please describe what problem or concern brought you to our office today:

☐ Primarily to establish care ☐ Other (please briefly describe):

Special Communication Needs: Requires Updating Annually			
Language preference:			
If 'yes' to any of the questions below, how can we assist?			
Visual impairment	☐ Yes ☐ No	**Cognitive impairment**	☐ Yes ☐ No
Hearing impairment	☐ Yes ☐ No	**Sensory impairment**	☐ Yes ☐ No
Speech impairment	☐ Yes ☐ No	**Other:**	

Personal Health History		Previous Surgical Procedures	
No Change Since Previous Year ☐		No Change Since Previous Year ☐	
Please check past or current problems or conditions		Please check if you have had any of the following	
Condition	**Condition**	**Procedure**	**Year**
☐ Hypertension	☐ Seizures	☐ Heart surgery	
☐ High cholesterol	☐ Headaches	☐ Carotid artery surgery	
☐ Diabetes	☐ Stroke	☐ Vascular surgery / stent	
☐ Heart attack or angina	☐ Prostate problem	☐ Abdominal aneurysm repair	
☐ Irregular heart rhythm	☐ Breast problem	☐ Hysterectomy	
☐ Congestive heart failure	☐ Urinary tract infections	☐ Gallbladder removed	
☐ Asthma	☐ Osteoarthritis	☐ Appendix removed	
☐ Emphysema or chronic bronchitis	☐ Cancer (Please list type)	☐ Tonsillectomy	
☐ Pneumonia	☐ Thyroid problem	☐ Joint replacement	
☐ Gastroesophageal reflux disease	☐ Bleeding disorder	☐ Breast cancer surgery	
☐ Stomach ulcer	☐ Addiction Issues	☐ Prostate cancer surgery	
☐ Kidney problems	☐ Depression or anxiety	☐ Hernia	
☐ Liver disease/hepatitis	☐ Mental Illness	☐ Pacemaker	
☐ Colon cancer	☐ Other (please describe)	☐ Other (please describe)	
☐ Bowel/digestive problem			

Specialty Providers: Requires Updating Annually	
In order that we can best coordinate your care, please list any medical providers you see outside of this practice and list the year that you last saw them	
☐ Eye doctor	☐ Nephrologist
☐ Cardiologist	☐ Psychiatrist
☐ Oncologist	☐ Allergist
☐ Urologist / Gynecologist	☐ Vascular
☐ Gastroenterologist	☐ Pulmonologist
☐ Endocrinologist	☐ Other
☐ No new specialist visits since previous year	

Please list any new medications prescribed by Specialists or Providers other than your PCP. Please include name, dose and frequency	

Allergies: Please list any allergies to medications or foods	

It is very important that you take the medication(s) your health care professional has given you. Please check any of the below

Are you unable to fill your prescription(s) because of the cost ☐ Yes ☐ No

Are you unable to fill your prescriptions because of lack of transportation ☐ Yes ☐ No

Have you ever applied for any pharmacy assistance ☐ Yes ☐ No

Family History

Relationship	Living Y/N	Age	Major Medical Problems and/or Cause of Death
Father			
Mother			
Siblings			
Children			

Specifically have any of your relatives had the following conditions

Condition	Relative	Condition	Relative
☐ Mental illness		☐ Chemical dependency	

Social History: Initial

Please circle appropriate answers below and provide explanations where appropriate

Marital status: ☐ Single ☐ Married ☐ Divorced ☐ Widowed ☐ Life Partner

Education level: ☐ Did not Graduate ☐ High School ☐ Some College ☐ Bachelor's Degree ☐ Master's Degree or Higher

Job concerns: ☐ Stress ☐ Hazardous substances ☐ Heavy lifting ☐ Transportation

How stressful would you rate your current living situation:

Not Very Stressful ☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10 **Very Stressful**

Do you fear for your safety in your current living situation? ☐ **No** ☐ **Yes** **If yes, describe:**

Are there financial concerns that affect your ability:

1) to go to the doctor ☐ No ☐ Yes If yes, describe:

2) to obtain food and shelter ☐ No ☐ Yes If yes, describe:

Are there any religious or cultural factors that you would like us to take into account when planning your healthcare?

☐ **No** ☐ **Yes** **If yes, describe:**

Current Health Concerns

Please check problems or conditions that you are CURRENTLY experiencing

☐ Chest pain	☐ Rectal bleeding	☐ Eye pain	☐ Nervousness
☐ Shortness of breath	☐ Black/tarry stools	☐ Loss of vision	☐ Pain in testicles
☐ Wheezing	☐ Weight loss	☐ Double vision	☐ Loss of libido
☐ Cough	☐ Weight gain	☐ Memory loss	☐ Impotence
☐ Coughing up blood	☐ Loss of appetite	☐ Ringing in ears	☐ Breast pain
☐ Sore throat	☐ Difficulty swallowing	☐ Pain in ears	☐ Breast discharge
☐ Nasal congestion	☐ Diarrhea	☐ Nose bleeds	☐ Other (please describe below)
☐ Irregular heartbeat	☐ Constipation	☐ Hoarseness	
☐ Fast heartbeat	☐ Painful urination	☐ Easy bleeding	
☐ High blood pressure	☐ Blood in urine	☐ Easy bruising	
☐ Low blood pressure	☐ Urine frequency	☐ Rash	
☐ Lightheadedness	☐ Decrease in urine flow	☐ Changes in mole	**Females - Please complete fields**
☐ Dizziness/fainting	☐ Urine leakage	☐ Sore that won't heal	Menstrual flow:
☐ Abdominal pain	☐ Headache	☐ Fatigue/lethargy	☐ Reg. ☐ Irreg. ☐ Pain/cramps
☐ Heartburn	☐ Weakness	☐ Insomnia	Days of flow __ Length of cycle__
☐ Indigestion	☐ Loss of strength	☐ Forgetfulness	1st day of last period____________
☐ Ankle swelling	☐ Balance problems	☐ Depression	☐ Pain or bleeding after sex
☐ Nausea	**Pain, weakness, or numbness in**		Number of pregnancies ___
☐ Vomiting	☐ Arms ☐ Hips	☐ Back	Miscarriages___
☐ Vomiting blood	☐ Legs ☐ Neck	☐ Shoulders	Birth control method:
☐ Change in bowel habits	☐ Hands ☐ Feet		

Patient Signature:____ Date:________________________________

Provider Reviewed:____ Date:________________________________

Preventive Health Screening

☐ Initial ☐ Annual

Name____ Date Completed ________________________

Address____

Local phone number_________________________ Alternative phone number________________

Preferred Pharmacy_________________________ Pharmacy phone number__________________

Please describe what problem or concern brought you to our office today:

Health Literacy Questionnaire:	
It is really important to your provider that you understand the information related to your health. Please rate the following questions on a scale of 1 to 10; 1 being strongly disagree and 10 being strongly agree	
I feel that I have a thorough understanding of the instructions that my doctors and nurses give me about my health	☐1 ☐2 ☐3 ☐4 ☐5 ☐6 ☐7 ☐8 ☐9 ☐10
I feel that I remember the instructions given to me at my doctor's office when I get home	☐1 ☐2 ☐3 ☐4 ☐5 ☐6 ☐7 ☐8 ☐9 ☐10
I feel that I have a strong understanding of medical language	☐1 ☐2 ☐3 ☐4 ☐5 ☐6 ☐7 ☐8 ☐9 ☐10

Health Maintenance:

Please check whether you have had the following preventive services and enter the year of the service

Immunizations		Year	Tests		Year
Tetanus vaccine / Tdap	☐Yes ☐No		Pap smear/pelvic	☐Yes ☐No	
Pneumonia vaccine	☐Yes ☐No		Mammogram	☐Yes ☐No	
Influenza vaccine	☐Yes ☐No		Bone dexascan	☐Yes ☐No	
Shingles vaccine	☐Yes ☐No		Colonoscopy	☐Yes ☐No	
Additional Vaccines taken since previous year			Prostate test	☐Yes ☐No	
☐Yes ☐No If yes, list vaccine name and date:					

Health Behaviors: Requires Updating Annually for 11 years and older			
Tobacco use: ☐ Never ☐ Quit (when)______________ ☐ Current smoker			
If current smoker how many packs per day for how many years___________			
Alcohol intake: ☐ No ☐ Yes If yes how many drinks/how often________________			
Illicit drug use (including marijuana, cocaine, steroids): ☐ Never ☐ Past ☐ Current			
If Past or Current drug use describe:			
Exposure to secondhand smoke	☐Yes ☐No	Wear a seatbelt	☐ Yes ☐ No
Eat a diet high in fruits and vegetables	☐Yes ☐No	See a dentist at least once a year	☐ Yes ☐ No
Get 30 minutes of exercise 5 times a week	☐ Yes ☐ No	Wear sunscreen	☐ Yes ☐ No

Urinary Incontinence Assessment: Requires Updating Annually for 65 years and older				
Do you experience leaking in the following situations:	Not at all	A little	Sometimes	A lot
During daily activities (work, household task)	☐	☐	☐	☐
During physical activities (walking, swimming, or other exercise)	☐	☐	☐	☐
During recreational activities (movies, hobbies)	☐	☐	☐	☐
During social activities (going out with friends, family visits)	☐	☐	☐	☐

Fall Risk Screening: Requires Updating Annually for 65 years and older	
In the last 12 months have you fallen?	☐ Yes ☐ No ☐ Unsure
If yes, how many times?	☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5+
Were you injured as a result of this fall?	☐ Yes ☐ No ☐ Unsure

Functional Assessment: Requires Updating Annually for 65 years and older				
Do you need assistance in the following areas?	Not at all	A little	Sometimes	A lot
Bathing, dressing and grooming	☐	☐	☐	☐
Daily activities (cooking, cleaning other household tasks)	☐	☐	☐	☐
Walking or driving	☐	☐	☐	☐
Communicating needs and feelings	☐	☐	☐	☐
Understanding directions	☐	☐	☐	☐
Keeping appointments, taking medications and performing other medical treatments	☐	☐	☐	☐
If yes to any of these questions, who helps with these activities?				

Mood Screening: Requires Updating Annually for age 11 and up	
A person's mood can have a strong influence on their health status and overall wellbeing. Over the past 2 weeks, how often have you been bothered by any of the following problems?	
Little interest or pleasure in doing things	Feeling down, depressed, or hopeless
☐ Not at all	☐ Not at all
☐ Several days	☐ Several days
☐ More than half the days	☐ More than half the days
☐ Nearly every day	☐ Nearly every day

Social History: Requires Updating Annually

Please check appropriate answers below and provide explanations where appropriate

Job concerns: ☐ Stress ☐ Hazardous substances ☐ Heavy lifting ☐ Transportation

How stressful would you rate your job situation: (Circle number)

Not Very Stressful ☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10 Very Stressful

Have you had CHANGE in Marital Status: ☐ No ☐ Yes If yes, describe below:

How stressful would you rate your current living situation?

Not Very Stressful ☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10 Very Stressful

Do you fear for your safety in your current living situation? ☐ No ☐ Yes If yes, describe below:

Are there financial concerns that affect your ability:

1) to go to the doctor ☐ No ☐ Yes If yes, describe:

2) to obtain food and shelter ☐ No ☐ Yes If yes, describe:

Are there any religious or cultural factors that you would like us to take into account when planning your healthcare?

☐ No ☐ Yes If yes, describe:

Patient Signature:______________________________ Date:____________________

Provider reviewed:______________________________ Date:____________________