

Today's Date: _____

PERSONAL INFORMATION

Name: _____ Are you a Vitality Program Member? YES NO

Street Address: _____

State: _____ Zip Code: _____

Phone: _____ Work Phone: _____

Fax: _____ Email: _____

Height: _____ Weight: _____ BMI (Pharmacist will calculate): _____

Date of Birth: _____

Waist Circumference: _____ Waist/Hip Ratio: _____

MEDICAL STATUS

Primary Health Care Practitioner/Physician: _____

Phone: _____ Fax: _____

Primary Health Care Practitioner/Physician Address: _____

City: _____ State / Province / Region: _____ Zip Code: _____

Other Physician's Currently Seeing: _____

General Health: Excellent Good Fair Poor

Medical & Social History: Please check the following that apply to you.

- | | | |
|--|--|------------------------------------|
| <input type="radio"/> High Blood Pressure | <input type="radio"/> Benign Prostatic Hyperplasia | <input type="radio"/> Insomnia |
| <input type="radio"/> High Cholesterol | <input type="radio"/> Tobacco Use | <input type="radio"/> Malnutrition |
| <input type="radio"/> Cardiovascular Disease | <input type="radio"/> Asthma/COPD | <input type="radio"/> Depression |
| <input type="radio"/> Diabetes Mellitus | <input type="radio"/> Alcohol Use | <input type="radio"/> Cancer |
| <input type="radio"/> Osteoporosis | <input type="radio"/> Erectile Dysfunction | <input type="radio"/> Other |

If you checked **cancer**, please explain: _____

If you checked **other**, please explain: _____

Names of ALL prescription medications, taken in last 6 months. Include strength and how you take them:

Indicate any herbal products you have taken (i.e. Evening Primrose Oil (EPO), Chaste Tree Berry, Dong Quai, Black Cohosh Ginseng, Melatonin, etc., other):

Name all vitamins, supplements, non-prescription medicines, or other OTC products that you are currently using:

Drug Allergies:

Family History: List Important Diseases

Mother: _____

Living Deceased

Father: _____

Living Deceased

Brothers: _____

Living Deceased

Sisters: _____

Living Deceased

Aunts: _____

Living Deceased

Uncles: _____

Living Deceased

Paternal Grandma: _____

Living Deceased

Paternal Grandpa: _____

Living Deceased

Maternal Grandma: _____

Living Deceased

Maternal Grandpa: _____

Living Deceased

QUESTIONNAIRE

	NOT APPLICABLE	MILD	MODERATE	SEVERE
Do you feel more fatigued and/or tired than usual?				
Have you noticed a decrease in your muscle mass?				
Have you experienced a loss in muscle strength?				
Have you experienced an increase in joint and/or muscle pains?				
Have you noticed an increase in your waist size?				
Do you have trouble losing weight?				
Have you experienced a loss in height?				
Do you have a decrease in your sex drive?				
Have you experienced difficulty in establishing and/or maintaining full erections?				
Have you experienced changes in your usual sleep pattern?				
Do you feel a decrease in your mental sharpness?				
Have you had trouble concentrating?				
Do you experience less enjoyment in personal interests and hobbies?				

I am _____ years old

I feel _____ years old