

HRA Form

Health Plan :	Virginia Premier Healthcare Advantage
Member Name :	MARIA F MARTINEZ
Evaluator Name :	
Assessment Type :	Health Risk Assessment
DOB :	1953-08-06
Evaluation Date :	2021-7-14 09:00 AM
Visit Type :	

Demographics

Plan	VPHP - VIRGINIA PREMIER
Program	MEDICARE
LOB	DSNP
Name	MARIA F MARTINEZ
Gender	Female
Address	13210 STAGGS CT
City	WOODBIDGE
State	VA
Zip	22191-3343
Date of Birth	1953-08-06
Age(as of date)	67
Marital Status	Married
Member Identification Number	11009250
HICN	3QA3PU1GW16
Phone Number	7034748188
Cell Number	
Alternate Contact Number	
Email	
Emergency Contact	Sonja Martinez
Phone Number	571-278-3902
Primary Care Physician	FARTASH, SIMA
Phone Number	7039107390
PCP Address	2200 Opitz Blvd Ste 235
PCP City	Woodbridge
PCP State	VA

PCP Zip	221913343
PCP County	
Office ID	P0124203
Office Name	WOODBRIIDGE INTERNAL MEDICINE PC

## 1. Race

- |   |   |  |
|---|---|--|
| <input type="checkbox"/> Caucasian                | <input type="checkbox"/> African American | <input type="checkbox"/> Asian                                     |
| <input checked="" type="checkbox"/> <b>Latino</b> | <input type="checkbox"/> Native American  | <input type="checkbox"/> Native Hawaiian or other Pacific Islander |
| <input type="checkbox"/> Alaskan Native           | <input type="checkbox"/> Other            |  |

## Patient's Ethnicity

- |   |                                       |  |
|---|---------------------------------------|--|
| <input checked="" type="checkbox"/> <b>Hispanic</b> | <input type="checkbox"/> Non-Hispanic | <input type="checkbox"/> Other Ethnicity |
| <input type="checkbox"/> Prefer not to say          |                                       |  |

comments

El Salvador

## 2. Preferred language

- |   |  |
|---|--|
| <input type="checkbox"/> English                | <input checked="" type="checkbox"/> <b>Other</b>   |
| ↳ If other,                                     |  |
| <input type="checkbox"/> African languages      | <input type="checkbox"/> Arabic                    |
| <input type="checkbox"/> French                 | <input type="checkbox"/> French Creole             |
| <input type="checkbox"/> Greek                  | <input type="checkbox"/> Gujarati                  |
| <input type="checkbox"/> Hindi                  | <input type="checkbox"/> Hungarian                 |
| <input type="checkbox"/> Japanese               | <input type="checkbox"/> Korean                    |
| <input type="checkbox"/> Polish                 | <input type="checkbox"/> Portuguese                |
| <input type="checkbox"/> Scandinavian Languages | <input type="checkbox"/> Serbo-Croatian            |
| <input type="checkbox"/> Tagalog                | <input type="checkbox"/> Urdu                      |
| <input type="checkbox"/> Yiddish                |  |
|   | <input type="checkbox"/> Chinese                   |
|   | <input type="checkbox"/> German                    |
|   | <input type="checkbox"/> Hebrew                    |
|   | <input type="checkbox"/> Italian                   |
|   | <input type="checkbox"/> Persian                   |
|   | <input type="checkbox"/> Russian                   |
|   | <input checked="" type="checkbox"/> <b>Spanish</b> |
|   | <input type="checkbox"/> Vietnamese                |

## Previously Documented Conditions

## Covid Screening

In the last 14 days, have you:

Traveled internationally?	Yes	No
Had known exposure to anyone diagnosed with Corona virus (COVID-19)	Yes	No
Had close contact with someone who has traveled to a high risk area?	Yes	No

Developed Fever?	Yes	No
Developed Cough?	Yes	No
Developed Flu like symptoms?	Yes	No
Developed Shortness of breath?	Yes	No

Self-Assessment and Social History

3. How much school have you completed?

☐ Less than 3rd grade☒ Completed 3rd grade☐ Completed 8th grade☐ Completed 12th grade☐ Attended College
4. When you get written information at a doctor's office would you say it is

☐ Very difficult☒ Somewhat difficult☐ Easy☐ Very easy to understand
5. When you read the instructions on a prescription bottle would you say that it is

☐ Very difficult☒ Somewhat difficult☐ Easy☐ Very easy to understand
6. How confident are you in filling out medical forms by yourself?

☐ Not at All Confident☒ Not Very Confident☐ Confident☐ Very Confident
7. How would you rate your health compared to other persons your age?

☐ Excellent☒ Good☐ Fair☐ Poor
8. During past 3 months, has your physical and or emotional health limited your social activities with family, friends, neighbours or groups?

☐ Often☐ Sometimes☐ Almost Never☒ Never
9. Where do you currently live?

☒ Home☐ Apartment☐ Assisted Living☐ Nursing Home☐ Homeless☐ Other
10. Do you have someone you can rely on to help if you are sick or have problems you need to discuss?

☒ Yes☐ No

comments

children and spouse
11. Who do you currently live with?

☐ Alone☒ Spouse☐ Partner☐ Relative☐ Family☐ Friend☐ Personal Care Worker
12. Are you currently a caregiver for someone?

☐ Yes☒ No

### 13. Tobacco use

☐ Current ☐ Former ☒ **Never**

### 14. Alcohol Use

☐ Current ☐ Former ☒ **Never**

### 15. Do you or have you used recreational drugs or pain medication?

☐ Yes ☒ **No**

### 16. Do you have a Healthcare Proxy?

☐ Yes ☒ **No** ☐ Don't Know

### 17. Do you have a Durable Power of Attorney?

☐ Yes ☒ **No** ☐ Don't Know

### 18. Do you have an Advance Directive?

☐ Yes ☒ **No** ☐ Don't Know

Within the past 12 months we worried whether our food would run out before we got money to buy more. Was that \_\_\_\_\_ for your household?

☐ Often True ☐ Sometimes True ☒ **Never True**

Within the past 12 months the food we bought just didn't last and we didn't have money to get more. Was that \_\_\_\_\_ for your household?

☐ Often True ☐ Sometimes True ☒ **Never True**

## Activities of Daily Living

### 19. Do you have any difficulty with the following activities?

A. Getting in or out of bed	No	Need Some Help	Need Total Help
B. Getting in or out of chairs	No	Need Some Help	Need Total Help
C. Toileting	No	Need Some Help	Need Total Help
D. Bathing	No	Need Some Help	Need Total Help
E. Dressing	No	Need Some Help	Need Total Help
F. Eating	No	Need Some Help	Need Total Help
G. Walking	No	Need Some Help	Need Total Help
H. Going up or down stairs	No	Need Some Help	Need Total Help

## Medical History

### 20. Do you use any assistive devices? (Check device or none if no devices used)

☒ **None**

### 21. Are you currently seeing any specialists?

☒ **Yes** ☐ **No**

Medical Specialty	Specialist	For
Ophthalmologist	unknown name	routine eye exam
Podiatrist	unknown name	bunion

22. In the past 12 months how many times have you?

A. Seen your PCP	None	1	2	3	4	5 or more
B. Visited the Emergency Room	None	1	2	3	4	5 or more
C. Stayed in the hospital overnight	None	1	2	3	4	5 or more
D. Been in a nursing home	None	1	2	3	4	5 or more
E. Had Surgery	None	1	2	3	4	5 or more

23. Have you ever been hospitalized prior to the last 12 months?

☐ Yes

☒ No

24. In the past year have you received health services from any of the providers below:

Physical Therapist	Yes	No
Occupational Therapist	Yes	No
Dietician	Yes	No
Social Worker	Yes	No
Pharmacist	Yes	No
Speech Therapist	Yes	No
Chiropractor	Yes	No
Personal Care Worker (HHA, CNA, PCA)	Yes	No
Meals on Wheels	Yes	No

25. In the past two years have you received any of the treatments below?

Chemotherapy	Yes	No	Unknown
Catheter Care	Yes	No	Unknown
Oxygen	Yes	No	Unknown
Wound Care	Yes	No	Unknown
Regular Injections	Yes	No	Unknown
Tube Feedings	Yes	No	Unknown

Family History

26. Family History

☐

☐

Yes

No

Family Member	Medical Condition	Cause of Death
Mother	HTN, HLD	75 - MI
Father		81 - stroke

Preventive Care

27. In the past three years have you had?

Screen	Answer
Colonoscopy	Yes
Breast Exam/Mammography	Yes
Cervical Screening	Yes
Bone Density	No
Prostate Exam/PSA	Not Applicable
If Diabetic Eye Exam	Yes
If Diabetic Foot Exam	Yes
If Diabetic Hgb A1c screen	Yes
Lipid Panel	Yes

28. Last colonoscopy if more than 2 years ago

☒ 3 – 5 years ago

☐ 6 – 10 years ago

☐ > 10 years ago

☐ Never

☐ Don't know

29. Screen for abnormal glucose / diabetes - age 40 - 70

☒ Yes

☐ No

☐ NA

30. One time screen for Abdominal Aortic Aneurysm if male with history of smoking, age 65 - 75

☐ Yes

☐ No

☒ NA

31. One time screen for Hepatitis C if born between 1945 - 1965

☐ Yes

☒ No

☐ NA

comments

discussed purpose of screening test, encouraged member to f/u with pcp

32. Do you get Flu Vaccine each year?

☒ Yes

☐ No

33. Have you been vaccinated for Pneumonia?

☒ Yes

☐ No

☐ Pneumovax

☐ Yes

☐ No

☐ Prevenar

☐ Yes

☐ No

☒ Unknown

☒ Unknown

34. Have you been vaccinated for Herpes Zoster?

☐ Yes

☒ No

comments discussed purpose of vaccine, encouraged member to f/u with pcip

## Allergies / Medications

### 35. Allergies

☐ Yes

☒ No

### Medications

Diagnoses	Label Name	Dose / Units	Route	Frequency	Prescribing Physician	Status	
HTN	AMLODIPINE	TAB 10MG	PO = By Mouth	QD	Fartash	Taking	Not Taking
HLD	ATORVASTATIN	TAB 40MG	PO = By Mouth	QD	Fartash	Taking	Not Taking
	TERBINAFIN E	TAB 250MG	Select	Select		Taking	Not Taking
	CICLOPIROX	SOL 0.08	Select	Select		Taking	Not Taking
	CLOTRIM/BETA	CRE DIPROP	Select	Select		Taking	Not Taking
	KETOCONAZOLE	CRE 0.02	Select	Select		Taking	Not Taking
HTN	losartan	25 mg	PO = By Mouth	QD	Fartash	Taking	Not Taking
Vitamin D deficiency	vitamin D3	50,000 iu	PO = By Mouth	QW	Fartash	Taking	Not Taking

### 36. Over the Counter Medications / Supplements

☐ Yes

☒ No

### 37. Chronic Use of

☐ None

☐ ASA

☐ Steroids

☐ Insulin

☐ Anticoagulants

☒ Statins

☐ Biphosphonate

### 38. Medication Compliance and Knowledge of Use and Disease

1. Do you ever forget to take your medicine?	Yes	No
2. Do you sometimes not pay enough attention to your medication?	Yes	No
3. Do you know the longterm benefit of taking your medicine as told to you by the doctor or pharmacist?	Yes	No
4. When you feel better do you sometimes stop taking your medicine?	Yes	No
5. Sometimes if you feel worse when you take your medicine do you stop taking it?	Yes	No
6. Do you sometimes forget to refill your prescription on time?	Yes	No

Review of Systems and Diagnoses

Eye Problems (Glaucoma, Cataracts, Macular Degeneration, Blindness, Retinal Detachment, Other)

☐ Yes

☒ No

Do you wear glasses or contacts?

☒ Yes

☐ No

comments

reading glasses

Do you have trouble seeing even with glasses?

☐ Yes

☒ No

Do you have problems seeing at night?

☐ Yes

☒ No

Ear Problems (Hard of hearing, Deaf, Vertigo, Ear Infections)

☐ Yes

☒ No

Nose Problems (Nose Bleeds, Sinus infections, Other)

☐ Yes

☒ No

Mouth and Throat Problems (Difficulty Chewing, Difficulty Swallowing, Bleeding Gums, Other )

☐ Yes

☒ No

Neck Problems (parotid Disease, Carotid Stenosis, Other)

☐ Yes

☒ No

Respiratory Problems (COPD, Emphysema, Asthma, Chronic Bronchitis Pneumonia, Other)

☐ Yes

☒ No

Cardiovascular (Hypertension, Angina, Ischemic Heart Disease(CAD), Myocardial Infarction, Other)

☒ Yes

☐ No

Diagnoses

- ☐ Abnormal Cardiac Rhythm

☐ Angina

☐ Cardio – Respiratory Failure / Shock

☐ Congestive Heart Failure

☒ Hyperlipidemia

☐ Ischemic Heart Disease (CAD)

☐ Peripheral Vascular Disease

☐ Valvular Disease
- ☐ Aneurysm

☐ Atrial Fibrillation

☐ Cardiomyopathy

☐ Deep Vein Thrombosis

☒ Hypertension

☐ Myocardial Infarction

☐ Pulmonary Hypertension

☐ Other

Hyperlipidemia

Describe

☒ Active

☐ History of

☐ Rule out

Supported by

☐ Lab results

☒ Medication

☐ Other

Is patient on Statin



☒ Yes

☐ No

Hypertension

☐ Describe

☒ Active

☐ History of

☐ Rule out

☐ Supported by

☐ Physical Exam

☐ Other

☒ Medications

☐ Symptoms

☐ Adequately controlled

☒ Yes

☐ No

☐ UnKnown

History of Chest Pain

☐ Yes

☒ No

History of Intermittent Claudication

☐ Yes

☒ No

Implanted Pacemaker

☐ Yes

☒ No

Implanted Defibrillator

☐ Yes

☒ No

Do you have abnormal heart beats?

☐ Yes

☒ No

Does your heart race?

☐ Yes

☒ No

Do you sleep on more then one pillow?

☐ Yes

☒ No

have you ever have fluid in your lungs?

☐ Yes

☒ No

Do your legs or ankles swell up?

☐ Yes

☒ No

Do you follow a special diet?

☐ Yes

☒ No

Do you have headaches?

☐ Yes

☒ No

Do you feel light headed when you stand up?

☐ Yes

☒ No

Gastrointestinal Problems (Ulcer, Reflux, Hiatal Hernia, Colitis, Other)

☐ Yes

☒ No

Bowel Movements

☒ Normal

☐ Abnormal

Abdominal Openings

☐ Yes

☒ No

Rectal Problems

☐ Yes

☒ No

Last Bowel Movement

☐ Today

☒ 1-3 days ago

☐ >3 days ago

## Neuro / Psych Problems (Stroke, Parkinson's disease, Seizures Paraplegia, Depression, Other)

☐ Yes ☒ No

Are you nervous, anxious, feel on the edge or often feel stressed?

☐ Yes ☒ No

Do you worry too much about different things?

☐ Yes ☒ No

Do you feel afraid that something bad might happen?

☐ Yes ☒ No

How often do you go out to meet with family or friends

☐ Often ☒ Sometimes ☐ Never

### GPCOG Score or MMSE Score

GPCOG Score	or MMSE Score

If GPCOG or MMSE is not done, is

☐ Patient oriented to person  
☒ Yes ☐ No

☐ Patient oriented to place  
☒ Yes ☐ No

☐ Patient oriented to time  
☒ Yes ☐ No

☐ Recall  
☒ Good ☐ Poor

☐ Patient describes recent news event  
☒ Yes ☐ Partially ☐ No

Affect

☒ Normal ☐ Abnormal

Over the past 2 weeks, how often have you been bothered by any of the following problems?

Little interest or pleasure in doing things	<input checked="" type="checkbox"/> Not at all	<input type="checkbox"/> Several Days	<input type="checkbox"/> More than half the days	<input type="checkbox"/> Nearly every day
Feeling down, depressed or hopeless	<input checked="" type="checkbox"/> Not at all	<input type="checkbox"/> Several Days	<input type="checkbox"/> More than half the days	<input type="checkbox"/> Nearly every day

PHQ 2 Score

☒ < 3 ☐ 3 or more

Speech

☒ Normal ☐ Slurred ☐ Aphasic  
☐ Apraxia

Finger to Nose

☒ Normal ☐ Abnormal

Heel (Shin) to Toe

- ☒ Normal
- ☐ Abnormal

Thumb to Finger Tips

- ☒ Normal
- ☐ Abnormal

Sitting to Standing

- ☒ Normal
- ☐ Needs Assistance
- ☐ Unable

Facial / Extremity Movement

- ☐ Motor Tic
- ☐ Vocal Tic
- ☐ Benign (Essential Tremor)
- ☐ Intention Tremor
- ☐ Non-Intention (Pill rolling) Tremor
- ☐ Rigidity
- ☐ Spasticity
- ☐ Chorea Movement
- ☐ Cog wheeling
- ☒ Normal

Gait

- ☒ Normal
- ☐ Abductor lurch
- ☐ Ataxic
- ☐ Limp
- ☐ Paretic
- ☐ Other (Findings may also apply to Musculoskeletal diagnoses)
- ☐ Wide based
- ☐ Shuffling

Genitourinary Problems (Overactive Bladder, Urinary Incontinence Stress Incontinence, Benign Prostatic Hypertrophy, Others)

- ☐ Yes
- ☒ No

Musculoskeletal Problems (Spinal Stenosis, Rheumatoid Arthritis, Gout, Osteoporosis, Others)

- ☒ Yes
- ☐ No

Diagnoses

- ☐ Collagen (Connective) Tissue Disease
- ☐ Degenerative Disc Disease
- ☐ Extremity Fracture (other than Hip)
- ☐ Gout
- ☐ Hallux Valgus
- ☐ Hammer Toes
- ☐ Onychomycosis
- ☐ Osteoarthritis
- ☐ Osteomyelitis
- ☐ Osteoporosis
- ☐ Pyogenic Arthritis
- ☐ Rheumatoid Arthritis
- ☐ Spinal Stenosis
- ☐ Systemic Lupus Erythematosus
- ☐ Tinea Pedis
- ☒ Other

comments

bunion left foot

Other

Describe

- ☒ Active
- ☐ History of
- ☐ Rule out

Supported by

- ☐ History
- ☐ Symptoms
- ☒ Physical Findings
- ☐ Medications
- ☐ Test results
- ☐ Image studies
- ☐ Biopsy
- ☐ DME
- ☐ Other

Other

History / Finding of non- extremity Fracture

- ☐ Yes
- ☒ No

History / Finding of Hip Fracture / Dislocation

- ☐ Yes
- ☒ No

History / Finding of Vertebral Fracture

- ☐ Yes
- ☒ No

Do you have any swelling of your joints?

- ☐ Yes
- ☒ No

Do you experience stiffness in the morning or during the day?

- ☐ Yes
- ☒ No

Do you have pain in your joints?

- ☐ Yes
- ☒ No

Do you have a problem straightening any joints?

- ☐ Yes
- ☒ No

Does pain and or swelling in your joints limit your activities?

- ☐ Yes
- ☒ No

Have you broken bones(fractures) in any parts of your body?

- ☐ Yes
- ☒ No

Do you have constant pain in your bones?

- ☐ Yes
- ☒ No

Have you had an amputation?

- ☐ Yes
- ☒ No

Integument Problems (Eczema, Psoriasis, Dermatitis, Urticaria, Other)

- ☐ Yes
- ☒ No

Endocrine Problems

- ☒ Yes
- ☐ No

Diagnoses

- ☐ Chronic Kidney Disease secondary to Diabetes
- ☐ Cushing’s Disease
- ☐ Diabetic Retinopathy
- ☐ Hypertension and Diabetes
- ☐ Hypothyroidism
- ☐ Peripheral Neuropathy secondary to Diabetes
- ☐ Hyperparathyroidism
- ☐ Coronary Artery Disease and Diabetes
- ☐ Diabetes
- ☐ Secondary Hyperparathyroidism
- ☐ Hyperthyroidism
- ☐ Kidney Stone
- ☐ Peripheral Vascular Disease secondary to Diabetes
- ☒ Other

comments

Vitamin D deficiency

Other

Describe

- ☒ Active
- ☐ History of
- ☐ Rule out

Supported by

- ☐ History
- ☒ Medications
- ☐ Biopsy
- ☐ Symptoms
- ☐ Test results
- ☐ DME
- ☐ Physical Findings
- ☐ Image studies
- ☐ Other

Other

Do you periodically experience shakiness, lightheadedness, sweating, confusion, or blurred vision?

☐ Yes

☒ No

Do you often feel thirsty?

☐ Yes

☒ No

Do you have numbness or burning in your legs or feet?

☐ Yes

☒ No

Do you get pains in your leg or feet when you walk?

☐ Yes

☒ No

Do you get ulcers on your legs or feet?

☐ Yes

☒ No

Do you feel sluggish?

☐ Yes

☒ No

Do you sweat a lot or constantly feel hot?

☐ Yes

☒ No

Have you been told your kidneys are not working right, failing or shutting down?

☐ Yes

☒ No

Have you ever had dialysis?

☐ Yes

☒ No

Is your skin itchy?

☐ Yes

☒ No

Do you test your blood sugar?

☐ Yes

☒ No

Have you lost weight in the past 6 months?

☒ None

☐ 5lbs

☐ 10lbs

☐ 15lbs

☐ More than 15lbs

☐ 10% of your weight  
(calculated by assessor)

Hematology / Immunology / Infection Disease Problems (Anemia, easy bruising or abnormal bleeding Thrombocytopenia , Other)

☐ Yes

☒ No

Cancer

Diagnosis of Cancer	Yes	No
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Pain

Does the patient experience pain?

☐ Yes

☒ No

Vital Signs

Vital Signs

Blood Pressure		Pulse	Respiratory Rate	Temp	Pulse Oximetry	Pain Scale /10
124 (mmHG)	86 (mmHG)	99 (bpm)	16	97.7	95	0

## BMI

Patients Height		Patients Weight	Calculate BMI
5 (Feet)	0 (Inch)	176 (lbs)	34.4

- ☒ **Obesity (BMI 30 – 34.9)**
☐ Moderate Obesity (BMI 35 – 39.9)
 ☐ Morbid Obesity (BMI = or > 40)
- ☐ Malnutrition (BMI < 18.5)

## Exam Review

### Constitutional

General appearance:	Normal	Abnormal
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### Head and Face

Examination of head and face:	Normal	Abnormal
Palpation of the face and sinuses:	Normal	Abnormal

### Eyes

Inspection of conjunctiva and lids:	Normal	Abnormal
Examination of pupils and irises:	Normal	Abnormal

### Ears, Nose, Mouth and Throat

External Inspection of ears and nose:	Normal	Abnormal
Otoscopic examination:	Normal	Abnormal
Assessment of hearing:	Normal	Abnormal
Inspection of nasal mucosa, septum and trubينات:	Normal	Abnormal
Inspection of lips, teeth and gums:	Normal	Abnormal
Examination of oropharynx:	Normal	Abnormal

### Neck

Examination of neck:	Normal	Abnormal
Examination of thyroid:	Normal	Abnormal

### Pulmonary

Assessment of respiratory effort:	Normal	Abnormal
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Percussion of chest:	Normal	Abnormal
Palpation of chest:	Normal	Abnormal
Auscultation of lungs:	Normal	Abnormal

Cardiovascular

Palpation of heart:	Normal	Abnormal
Auscultation of heart:	Normal	Abnormal
Carotid Arteries:	Normal	Abnormal
Abdominal Aorta:	Normal	Abnormal
Pedal Pulses:	Normal	Abnormal
Examination of Arterial Pulses:	Normal	Abnormal
Examination of Edema / Varicosities:	Normal	Abnormal

Lymphatic

Palpation of cervical nodes (neck)	Normal	Abnormal
Palpation of preauricular nodes (in front of the ears)	Normal	Abnormal
Palpation of Submandibular nodes (under jaw line/chin)	Normal	Abnormal

Musculoskeletal

Examination of gait and station:	Normal	Abnormal
Inspection/palpation of digits and nails:	Normal	Abnormal

Comment:

Inspection/palpation of joints, bones and muscles:	Normal	Abnormal
Assessment of range of motion:	Normal	Abnormal
Assessment of stability:	Normal	Abnormal
Assessment of muscle strength/tone:	Normal	Abnormal

Skin

Inspection of skin and subcutaneous tissue:	Normal	Abnormal
Palpation of skin and subcutaneous tissue:	Normal	Abnormal

Neurologic

Indicate specific cranial nerve tested

Indicate cranial nerve deficits found

Romberg Test	Normal	Abnormal
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Examination of reflexes:	Normal	Abnormal
Examination of sensation:	Normal	Abnormal
Coordination:	Normal	Abnormal

Diabetes

Foot Exam:	Normal	Abnormal
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Psychiatric

Description of patient's judgement / insight:	Normal	Abnormal
Orientation of person, place and time:	Normal	Abnormal
Recent and remote memory:	Normal	Abnormal
Mood and affect:	Normal	Abnormal

Screenings Needed

Screening Name	Member Eligible	Status	Barcode	Confirm Barcode	Screening Completed	Exam Date	Screening Result	Diagnoses	Comments
DIGITAL_RETINAL_EXAM	No	Select			Select				
HBA1C	No	Select			Select				
MICROALBUMIN	No	Select			Select				
FOBT	Yes	Left Kit	330279826	330279826	Select			screening for fecal occult blood	reviewed instructions with member, member verbalized understanding
DEXA	No	Select			Select				
PAD	No	Select			Select				
LDL	N/A	Select			Select				

Mini-Cog

39. Mini- Cog (see attached sheet)

Step 1: Three Word Registration

Look directly at person and say, "Please listen carefully. I am going to say three words that I want you to repeat back to me now and try to remember. The words are [select a list of words from the versions below]. Please say them for me now." If the person is unable to repeat the words after three attempts, move on to Step 2 (clock drawing).

The following and other word lists have been used in one or more clinical studies.1-3 For repeated administrations, use of an alternative word list is recommended.

Version 1	Version 2	Version 3	Version 4	Version 5	Version 6
Banana	Leader	Village	River	Captain	Daughter



Sunrise  
Chair

Season  
Table

Kitchen  
Baby

Nation  
Finger

Garden  
Picture

Heaven  
Mountain

Step 2: Clock Drawing

Say: "Next, I want you to draw a clock for me. First, put in all of the numbers where they go." When that is completed, say: "Now, set the hands to 10 past 11."

Use preprinted circle (see next page) for this exercise. Repeat instructions as needed as this is not a memory test.

Move to Step 3 if the clock is not complete within three minutes.

Step 3: Three Word Recall

Ask the person to recall the three words you stated in Step 1. Say: "What were the three words I asked you to remember?" Record the word list version number and the person's answers below.

Word List Version : 1

Person's Answers: banana, sunrise, chair

Word Recall :	3 Points	1 point for each word spontaneously recalled without cueing. Home Safety Yes
Clock Draw :	2 Points	Normal clock = 2 points. A normal clock has all numbers placed in the correct positions) with no missing or duplicate numbers. Hands are pointing to the 11 sequence and approximately correct position (e.g., 12, 3, 6 and 9 are in anchor Inability or refusal to draw a clock (abnormal) = 0 points.and 2 (11:10). Hand length is not scored.
Total Score :	5 Points	Total score = Word Recall score + Clock Draw score. A cut point of < 3 on the Mini-Cog™ has been validated for dementia screening, but many individuals with clinically meaningful cognitive impairment will score higher. When greater sensitivity is desired, a cut point of < 4 is recommended as it may indicate a need for further evaluation of cognitive status.

Home Safety & Personal Goals

40. In the past year how many times have you Fallen?

- ☒ None
- ☐ Once
- ☐ Twice
- ☐ Three times
- ☐ More than three times

41. Home Safety

a. Do you have obstacles in the house, loose small rugs or objects on the floor that could cause tripping?	Yes	No
b. Do you have electrical cords running across floors, in doorways or under a rugs?	Yes	No
c. Do you have no slip mats on the shower floor or bath tub?	Yes	No
d. Do have adequate lighting in hallways and on the stairs?	Yes	No
e. Do you have handrails on staircases?	Yes	No
f. Is your hot water heater set for a maximum of 120 degrees?	Yes	No
g. Do you have smoke detectors on each level of the house and in all sleeping a rooms?	Yes	No
h. Do you have carbon Monoxide detectors on each level of the house?	Yes	No
i. Have used established an escape route in the event of fire?	Yes	No

42. Are there things about yourself you wish you could change or improve?

"I feel fine, I think"

#### 43. Is there anything that you could do to improve your quality of life?

"Well, take care of myself, go outside and exercise, walk, limit bad things I eat"

#### 44. Have you ever physically or felt emotionally abused by someone

☐ Yes ☒ No

#### 45. Feeling like harming others or yourself

☐ Yes ☒ No

#### 46. Are you afraid of anyone or is anyone hurting you?

☐ Yes ☒ No



### Patient Summary

#### Assessors Comments :

Member pleasant, Spanish speaking, lives at home with spouse. Member stated she does not have diabetes and states her doctor told her at her last visit she was "doing well." Reviewed medications with member who verbalized understanding of each medication. Discussed importance of exercise and regular f/u with pcp. Left FIT test with member, reviewed instructions with member in detail. Member verbalized understanding

#### Member Acknowledgment

I have been advised by the evaluator and understand that the services performed by the evaluator are limited to the evaluation performed today; the evaluator has no further duties to me once the evaluation performed today is completed ; the evaluator is not liable for abandonment my refusing to provide me treatment or continuing care to me beyond this evaluation; and I should contact my primary care or treating physician for all questions and concerns regarding medical care and treatment or, in the event of an emergency, call 911

Member informed of acknowledgment	<input checked="" type="checkbox"/>
Date/Time of Service/Evaluation :	2021-07-14T08:46
Time exam finished	2021-07-14T09:35
I accept the Disclosure Statement	<input checked="" type="checkbox"/>
Provider Signature	<div>   </div>
Addendum	

#### Disclosure Statement

Your health plan, has contracted with Focus Care to conduct a health exam on all of its Medicare members, including you. The health exam includes questions to help your health plan learn more about your current health. The exam may also

find things that could effect your health. The results of the exam will help your health plan and your doctor keep you as healthy as possible.

Personal health information, or PHI, is information in your medical record that identifies the record as your record. PHI includes things like your date of birth, age, address, telephone number, and your medical history.

Most of the time, Focus Care will not release your personal information without your permission. Measures are in place to prevent your personal information from being accidentally released in writing, including by use of a computer, or orally. You may request more information about how your personal information is protected.

There are times when Focus Care is allowed to release your personal information without your permission. For example, your medical information may be given to other health care providers who take care of you. The results of this exam will be sent to your health plan and to your doctor.

Focus Care may release your personal health information to a 'business associate'. A 'business associate' is another agency that Focus Care uses to do things, such as billing. We require our 'business associates' to have security measures in place to prevent your personal information from being accidentally released in writing, including by use of a computer, or orally.

Focus Care may be required to release your personal health information, without your permission, by law. including statutes, regulations, or valid court orders.

Focus Care will obtain your permission to use or release your personal health information for any other reason.

Do you have any questions about this information? Would you like to receive this information in a different language?

Your agreement to have this medical exam means you have given your permission to Focus Care to release the results of your medical exam to your health plan and to your doctor. Do you agree?