

HRA Form

Health Plan :	Virginia Premier Healthcare Advantage
Member Name :	VALORIE E THOMAS
Evaluator Name :	
Assessment Type :	Health Risk Assessment
DOB :	1963-12-19
Evaluation Date :	2021-7-30 03:23 PM
Visit Type :	

Demographics

Plan	VPHP - VIRGINIA PREMIER
Program	MEDICARE
LOB	DSNP
Name	VALORIE E THOMAS
Gender	Female
Address	4800 BAILEY RIDGE LANE, APT. 4
City	PRINCE GEORGE
State	VA
Zip	23298-5023
Date of Birth	1963-12-19
Age(as of date)	58
Marital Status	
Member Identification Number	11012163
HICN	6WG3JJ6TA03
Phone Number	8047909959
Cell Number	8045168648
Alternate Contact Number	
Email	
Emergency Contact	
Phone Number	
Primary Care Physician	BOHANNON, ARLINE
Phone Number	8048289357
PCP Address	1250 E Marshall St
PCP City	Richmond
PCP State	VA

PCP Zip	232985023
PCP County	
Office ID	P0114440
Office Name	VCUHS LUCY CORR VILLAGE

### 1. Race

- ☒ **Caucasian**
☐ African American
 ☐ Asian  
☐ Latino
 ☐ Native American
 ☐ Native Hawaiian or other Pacific Islander  
☐ Alaskan Native
 ☐ Other

comments

caussian race

### Patient's Ethnicity

- ☐ Hispanic
 ☐ Non-Hispanic
 ☐ Other Ethnicity  
☐ Prefer not to say

### 2. Preferred language

- ☒ **English**
☐ Other

## 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

No till now

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

Describe

y friend

13. Tobacco use

☒ Current

☐ Former

☐ Never

Type

☒ Cigarettes

☐ Cigars

☐ Chewing Tobacco

☐ Vaping

☐ Other

How Many

☐ 1 - 3 a day

☐ 1/2 a pack

☒ 1 pack

☐ More than 1 pack

☐ Other

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

comments

Yes it its

☒ Cane

☒ Wheel Chair

☐ Bed Pan

☐ Walker

☐ Bedside Commode

☒ Other

☒ Prosthesis

☐ Urinal

21. Are you currently seeing any specialists?

☐ Yes

☒ No

## 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
---------------	-------------------	----------------


Preventive Care

27. In the past three years have you had?

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

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

32. Do you get Flu Vaccine each year?

☒ Yes☐ No

33. Have you been vaccinated for Pneumonia?

☐ Yes☒ No

34. Have you been vaccinated for Herpes Zoster?

☐ Yes☒ No

Allergies / Medications

35. Allergies

☐ Yes☒ No

Medications

Diagnoses	Label Name	Dose / Units	Route	Frequency	Prescribing Physician	Status	
	GABAPENTIN	CAP 300MG	Select	Select		Taking	Not Taking
	TRAMADOL HCL	TAB 50MG	Select	Select		Taking	Not Taking
	LOPERAMIDE	CAP 2MG	Select	Select		Taking	Not Taking
	MONTELUKAST	TAB 10MG	Select	Select		Taking	Not Taking
	METOPROLOL TAR	TAB 50MG	Select	Select		Taking	Not Taking
	DILTIAZEM	CAP 120MG ER	Select	Select		Taking	Not Taking
	BREO ELLIPTA	INH 200-25	Select	Select		Taking	Not Taking
	PANTOPRAZOLE	TAB 40MG	Select	Select		Taking	Not Taking
	NYAMYC	POW 100000	Select	Select		Taking	Not Taking
	BD PEN NEEDL	MIS 32GX4MM	Select	Select		Taking	Not Taking
	LANTUS SOLOS	INJ 100/ML	Select	Select		Taking	Not Taking
	AMOX/K CLAV	TAB 875-125	Select	Select		Taking	Not Taking
	INSULIN ASPA	INJ FLEXPEN	Select	Select		Taking	Not Taking
	SUCRALFATE	TAB 1GM	Select	Select		Taking	Not Taking
	NYSTOP	POW 100000	Select	Select		Taking	Not Taking
	KETOCONAZOLE	CRE 0.02	Select	Select		Taking	Not Taking
	METOLAZONE	TAB 5MG	Select	Select		Taking	Not Taking
	ALBUTEROL SUL	FAT E	Select	Select		Taking	Not Taking
	ONETOUCH	TES VERIO	Select	Select		Taking	Not Taking
	FUROSEMIDE	TAB 80MG	Select	Select		Taking	Not Taking
	PROMETHAZINE	TAB 12.5MG	Select	Select		Taking	Not Taking
	CLOPIDOGR EL	TAB 75MG	Select	Select		Taking	Not Taking
	ATORVASTATIN	TAB 40MG	Select	Select		Taking	Not Taking
	PROAIR HFA	AER	Select	Select		Taking	Not Taking
	METOCLOPRAM	SOL 10/10ML	Select	Select		Taking	Not Taking
	SEVELAMER	TAB 800MG	Select	Select		Taking	Not Taking
	FLUTICASON E	SPR 50MCG	Select	Select		Taking	Not Taking
	LOSARTAN POT	TAB 50MG	Select	Select		Taking	Not Taking

	ALBUTEROL	AER HFA	Select	Select		Taking	Not Taking
	NITROGLYCERN	SUB 0.4MG	Select	Select		Taking	Not Taking
	ONETOUCH DEL	MIS PLUS 30G	Select	Select		Taking	Not Taking
	ONDANSETRON	TAB 4MG ODT	Select	Select		Taking	Not Taking
	TRUPLUS LANC	MIS 30G	Select	Select		Taking	Not Taking
	ADMELOG SOLO	INJ 100U/ML	Select	Select		Taking	Not Taking
	VELPHORO	CHW 500MG	Select	Select		Taking	Not Taking
	MUPIROCIN	OIN 0.02	Select	Select		Taking	Not Taking
	METOPROL	TAB 50MG	Select	Select		Taking	Not Taking
	GABAPENTIN	CAP 300MG	Select	Select		Taking	Not Taking
	LOPERAMIDE	CAP 2MG	Select	Select		Taking	Not Taking
	BREO	INH 200-25	Select	Select		Taking	Not Taking
	DILTIAZEM	CAP 240MG ER	Select	Select		Taking	Not Taking
	TRAMADOL	TAB 50MG	Select	Select		Taking	Not Taking
	MONTELUKAST	TAB 10MG	Select	Select		Taking	Not Taking
	BD PEN NEEDL	MIS 32GX4MM	Select	Select		Taking	Not Taking
	NYAMYC	POW 100000	Select	Select		Taking	Not Taking
	PROMETHAZINE	TAB 12.5MG	Select	Select		Taking	Not Taking
	PANTOPRAZOLE	TAB 40MG	Select	Select		Taking	Not Taking
	LANTUS	INJ 100/ML	Select	Select		Taking	Not Taking
	ONETOUCH	KIT ULTRA 2	Select	Select		Taking	Not Taking
	NITROGLYCERN	SUB 0.4MG	Select	Select		Taking	Not Taking
	CLOPIDOGREL	TAB 75MG	Select	Select		Taking	Not Taking
	MUPIROCIN	OIN 0.02	Select	Select		Taking	Not Taking
	ALBUTEROL	FAT E	Select	Select		Taking	Not Taking
	FUROSEMIDE	TAB 80MG	Select	Select		Taking	Not Taking
	METOLAZONE	TAB 5MG	Select	Select		Taking	Not Taking
	ATORVASTATIN	TAB 20MG	Select	Select		Taking	Not Taking
	BD	PAD SNGL USE	Select	Select		Taking	Not Taking
	VELPHORO	CHW 500MG	Select	Select		Taking	Not Taking
	SUCRALFATE	TAB 1GM	Select	Select		Taking	Not Taking
	AMOX/K	TAB 875-125	Select	Select		Taking	Not Taking
	NYSTOP	POW 100000	Select	Select		Taking	Not Taking



	KETOCONAZ OLE	CRE 0.02	Select	Select		Taking	Not Taking
	PROAIR	AER	Select	Select		Taking	Not Taking
	INSULIN	INJ FLEXPEN	Select	Select		Taking	Not Taking
	METOCLOPR AM	SOL 10/10ML	Select	Select		Taking	Not Taking
	FLUTICASON E	SPR 50MCG	Select	Select		Taking	Not Taking
	SEVELAMER	TAB 800MG	Select	Select		Taking	Not Taking
	ADMELOG	INJ 100U/ ML	Select	Select		Taking	Not Taking
	LOSARTAN	TAB 50MG	Select	Select		Taking	Not Taking
	ONDANSETR ON	TAB 4MG ODT	Select	Select		Taking	Not Taking
	TRUPLUS	MIS 30G	Select	Select		Taking	Not Taking

36. Over the Counter Medications / Supplements

☐ Yes

☐ No

37. Chronic Use of

☐ None

☐ ASA

☐ Anticoagulants

☐ Steroids

☐ Statins

☐ Insulin

☐ 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

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

- |   |   |
|---|---|
| <input type="checkbox"/> Abnormal Cardiac Rhythm              | <input type="checkbox"/> Aneurysm               |
| <input type="checkbox"/> Angina                               | <input type="checkbox"/> Atrial Fibrillation    |
| <input type="checkbox"/> Cardio – Respiratory Failure / Shock | <input type="checkbox"/> Cardiomyopathy         |
| <input type="checkbox"/> Congestive Heart Failure             | <input type="checkbox"/> Deep Vein Thrombosis   |
| <input type="checkbox"/> Hyperlipidemia                       | <input type="checkbox"/> Hypertension           |
| <input type="checkbox"/> Ischemic Heart Disease (CAD)         | <input type="checkbox"/> Myocardial Infarction  |
| <input type="checkbox"/> Peripheral Vascular Disease          | <input type="checkbox"/> Pulmonary Hypertension |
| <input type="checkbox"/> Valvular Disease                     | <input type="checkbox"/> Other                  |

#### History of Chest Pain

☒ Yes ☐ No

##### Pain described as

- |                                   |                                |                                |
|-----------------------------------|--------------------------------|--------------------------------|
| <input type="checkbox"/> Achy     | <input type="checkbox"/> Sharp | <input type="checkbox"/> Tight |
| <input type="checkbox"/> Crushing |                                |                                |

##### Does pain go into left arm

☐ Yes ☐ No

##### Is pain reproduced or worsened when touching chest or costochondral junctions

☐ Yes ☐ No

##### Is pain brought on by

- |                                   |                                 |   |
|-----------------------------------|---------------------------------|---|
| <input type="checkbox"/> Exertion | <input type="checkbox"/> Eating | <input type="checkbox"/> Stress / Anxiety |
| <input type="checkbox"/> Other    |                                 |   |

##### Is pain relieved by oral medication

☐ Yes ☐ No

#### History of Intermittent Claudication

☒ Yes ☐ No

##### Describe

- |   |  |                                      |
|---|--|--------------------------------------|
| <input type="checkbox"/> Complete heart block | <input type="checkbox"/> Sick sinus syndrome | <input type="checkbox"/> Bradycardia |
| <input type="checkbox"/> Other                |  |                                      |

Implanted Pacemaker

- ☒ Yes
- ☐ No
- ☐ Describe
  - ☐ Ventricular Tachycardia
  - ☐ Asystole
  - ☐ Cardiac Arrest
- ☐ Last interrogation date
- ☐ Type and ID number

Implanted Defibrillator

- ☒ Yes
- ☐ No
- ☐ Describe
  - ☐ Ventricular Tachycardia
  - ☐ Asystole
  - ☐ Cardiac Arrest

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	Not at all	Several Days	More than half the days	Nearly every day
Feeling down, depressed or hopeless	Not at all	Several Days	More than half the days	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

☐ Limp

☐ Wide based

☐ Abductor lurch

☐ Paretic

☐ Shuffling

☐ Ataxic

☐ Other (Findings may also apply to Musculoskeletal diagnoses)

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

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

☐ Yes

☒ No

Endocrine Problems

☐ 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
(mmHG)	(mmHG)	(bpm)				

### BMI

Patients Height		Patients Weight	Calculate BMI
(Feet)	(Inch)	(lbs)	

- ☐ 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
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Examination of thyroid:	Normal	Abnormal
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Pulmonary

Assessment of respiratory effort:	Normal	Abnormal
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
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	Select			Select				
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	Season	Kitchen	Nation	Garden	Heaven
Chair	Table	Baby	Finger	Picture	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 : --

Person's Answers: --

Word Recall :	-- Points	1 point for each word spontaneously recalled without cueing. Home Safety Yes
Clock Draw :	-- 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 :	-- 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?

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

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 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 :	
Time exam finished	
I accept the Disclosure Statement	<input checked="" type="checkbox"/>
Consented to Video chat	<input checked="" type="checkbox"/>
Provider Signature	<div><div>shwe</div><div>Digitally signed by test clinicianFE, FNP 2022-01-10, 16:11</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?