



110 Hospital Road, Suite 101  
Prince Frederick, MD 20678

1036 St. Nicholas Drive  
Waldorf, MD 20603

Office: 410.535.8195

CalvertHealthMedicalGroup.org

### **Contact Information:**

Patient Name:

Date of Birth:

Patient Address:

Patient Telephone: (      )

Patient Email:

PCP:

Address:

Telephone: (      )

Behavioral Health Provider:

Address:

Telephone Number:

Referring Provider:

Have you called to verify that obesity/ Anti-obesity medications is a covered benefit? ☐ Yes ☐ No

Does your insurance have coverage for dietitian? ☐ Yes ☐ No

### **Demographics:**

Height:

Highest Adult Weight:

Lowest Adult Weight:

### **Past Medical History:**

#### **Cardiovascular**

- ☐ Hypertension
- ☐ Chest Pain
- ☐ Heart Attack/ CAD
- ☐ Palpitations/Arrhythmias
- ☐ Pacemaker/AICD
- ☐ Heart Valve Disease
- ☐ Coronary Stent
- ☐ Poor Exercise Tolerance
- ☐ Peripheral Vascular Disease
- ☐ IBS

#### **Pulmonary**

- ☐ Asthma
- ☐ COPD
- ☐ Cough
- ☐ Shortness of Breath
- ☐ Sleep Apnea
- ☐ Wheezing
- ☐ Bronchitis
- ☐ Tuberculosis
- ☐ Obesity
- ☐ Ulcers

#### **GI/Endocrine**

- ☐ Hernia
- ☐ Heartburn
- ☐ Hepatitis
- ☐ Liver Disease
- ☐ Hyperthyroidism
- ☐ Hypothyroidism
- ☐ Pre-Diabetes
- ☐ Diabetes Type I ☐ Type II ☐
- ☐ High Cholesterol
- ☐ Thyroid Cancer

CalvertHealthMedicalGroup.org

**Family History:**

Mother

☐ Diabetes Type I ☐ Heart Disease ☐ Thyroid Cancer ☐ Hypertension ☐ High Cholesterol

☐ Diabetes Type II

Father

☐ Diabetes Type I ☐ Heart Disease ☐ Thyroid Cancer ☐ Hypertension ☐ High Cholesterol

☐ Diabetes Type II

**Social History:**

*Tobacco*

Have you ever smoked? Yes ☐ No ☐

Are you still smoking? Yes ☐ No ☐

If yes, what do you (did you) smoke?

If yes, how many years?

*Alcohol*

Do you drink alcohol, including beer, wine or hard liquor? Yes ☐ No ☐

If yes: ☐ Daily ☐ Almost Daily ☐ 1-3 times per week ☐ Less than one time per week

Do you drink caffeine? Yes ☐ No ☐

If yes, how many cups per day?

Program	Describe/Year	Months on Program	Pounds Lost	Comments
Diet Pills (Any)				
Weight Watchers				
Liquid Diets ( Optifast or Slim Fast, etc.)				
Low Calorie diets				
Low Carb diets or Atkins				
Jenny Craig or Nutri-System				
Fad Diets				
Physician Monitored Diet "Diet Clinics"				
Hypnosis/Counseling				
Surgery				
Dietician Counseling				
OA				
Gym Membership/ Exercise Plans				

What diet/weight loss plan has worked the best?

What do you feel has been your biggest barrier to losing weight/exercising?

