

Medicare **Annual Wellness Visit**

Health Risk Assessment

Name _____

Date of birth _____

Circle your responses.
Your answers will be kept confidential.

General health

How would you rate your health compared to others your age?	Worse	Same	Better
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Activities of daily living

1. Do you need help with dressing, eating, bathing, going to the bathroom, walking, or getting in or out of bed?	Yes	No		
2. Do you need help with preparing meals, transportation, shopping, managing your finances, keeping house, making calls, or taking your medicine?	Yes	No		
3. If you drive, have you had a car accident in the last year, or have you been asked to stop driving?	Yes	No	I do not drive	
4. Who do you live with?	Alone	Partner /spouse	Child	Parent
	Other:			
5. Are you working or volunteering?	Yes	No		
<i>If you do, what do you do, and for how many hours a week?</i>	< 10	11-20	21+	

Home safety

Does your home have throw rugs, poor lighting, a slippery bathtub or shower or other hazards?	Yes	No
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Fall risk (STEADI questions — Stopping Elderly Accidents, Deaths and Injuries)

1. Have you fallen in the past year?	Yes	No
a. <i>If you have fallen, how many times?</i>		
b. <i>If you have fallen, were you injured?</i>	Yes	No
2. Do you feel unsteady when standing or walking?	Yes	No
3. Do you worry about falling?	Yes	No

► **If you answered yes to *any* of the above 3 questions**, please also answer the following:

4. Do you use (or were you told to use) a cane or walker to get around safely?	Yes	No
5. Do you have to steady yourself by holding onto furniture when moving about your home?	Yes	No
6. Do you need to push with your hands to stand up from a chair?	Yes	No
7. Do you have trouble stepping up onto a curb?	Yes	No
8. Do you often have to rush to the toilet?	Yes	No
9. Have you lost some of the feeling in your feet?	Yes	No
10. Do you take any medicine that makes you feel light-headed or tired?	Yes	No
11. Do you take medicine to help you sleep or improve your mood?	Yes	No
12. Do you feel sad or depressed?	Yes	No

Advance care planning

Do you have an Advance Directive with designation of a Health Care Representative/Power of Attorney?	No	Yes	Not sure
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Nutrition

1. How is your appetite?	Poor	Fair	Good
2. Have you lost weight without meaning to in the last year?	Yes	No	
3. Do you eat two or more servings of fruits and vegetables every day?	No	Yes	

Exercise

How many days a week do you exercise?	
<i>If you exercise:</i> What do you do? For about how many minutes each time?	

Are you currently in recovery for alcohol or substance use? Yes No

Alcohol: One drink =  12 oz. beer  5 oz. wine  1.5 oz. liquor (one shot)

	None	1 or more
MEN: How many times in the past year have you had 5 or more drinks in a day?	<input type="radio"/>	<input type="radio"/>
WOMEN: How many times in the past year have you had 4 or more drinks in a day?	<input type="radio"/>	<input type="radio"/>

Drugs: Recreational drugs include methamphetamines (speed, crystal), cannabis (marijuana, pot), inhalants (paint thinner, aerosol, glue), tranquilizers (Valium), barbiturates, cocaine, ecstasy, hallucinogens (LSD, mushrooms), or narcotics (heroin).

	None	1 or more
How many times in the past year have you used a recreational drug or used a prescription medication for nonmedical reasons?	<input type="radio"/>	<input type="radio"/>

Depression screening (PHQ-2/9)

Over the last 2 weeks , how often have you been bothered by any of the following? <i>Please circle one response for each question.</i>	Not at all	Several days	More than half the days	Nearly every day
1. Do you have little interest or pleasure in doing things?	0	1	2	3
2. Do you feel down, depressed or hopeless?	0	1	2	3

► **If the total score from the above questions is 3 or more**, please also answer the following:

	Not at all	Several days	More than half the days	Nearly every day
3. Do you have trouble falling asleep, staying asleep or are you sleeping too much?	0	1	2	3
4. Do you feel tired or have little energy?	0	1	2	3
5. Do you have poor appetite or overeating?	0	1	2	3
6. Do you feel bad about yourself, or feel that you're a failure or have let yourself or your family down?	0	1	2	3
7. Do you have trouble concentrating on things, such as reading or watching television?	0	1	2	3
8. Do you move or speak so slowly that other people have noticed? Or, the opposite — have you been so fidgety or restless that you have been moving around a lot more than usual?	0	1	2	3
9. Have you had thoughts that you would be better off dead, or of hurting yourself?	0	1	2	3
10. How difficult have these problems made it for you to do your work, take care of things at home, or get along with other people?	Not difficult at all		Very difficult	
	Somewhat difficult		Extremely difficult	