

# Staying Healthy Assessment

**Afrouz Gerayli, M.D., Inc.**  
Afrouz Gerayli, M.D., F.A.C.G.S

500 Paseo Camarillo • Suite 100 • Camarillo • Ca • 93010  
Office (805) 484-1033 • Fx (805) 482-7213

Patient's Name (first & last)	Date of Birth	<input type="checkbox"/> Female <input type="checkbox"/> Male	Today's Date
Person Completing Form (if patient needs help)	<input type="checkbox"/> Family Member <input type="checkbox"/> Friend <input type="checkbox"/> Other (Specify)	Need help with form? <input type="checkbox"/> Yes <input type="checkbox"/> No	

Please answer all the questions on this form as best you can. Circle "Skip" if you do not know an answer or do not wish to answer. Be sure to talk to the doctor if you have questions about anything on this form. Your answers will be protected as part of your medical record.

Need Interpreter?  
 Yes  No

*Clinic Use Only:*

					Nutrition	
1	Do you drink or eat 3 servings of calcium-rich foods daily, such as milk, cheese, yogurt, soy milk, or tofu?	Yes	No	Skip	Nutrition	
2	Do you eat fruits and vegetables every day?	Yes	No	Skip		
3	Do you limit the amount of fried food or fast food that you eat?	Yes	No	Skip		
4	Are you easily able to get enough healthy food?	Yes	No	Skip		
5	Do you drink a soda, juice drink, sports or energy drink most days of the week?	No	Yes	Skip		
6	Do you often eat too much or too little food?	No	Yes	Skip		
7	Do you have difficulty chewing or swallowing?	No	Yes	Skip		
8	Are you concerned about your weight?	No	Yes	Skip		
9	Do you exercise or spend time doing activities, such as walking, gardening, or swimming for at least ½ hour a day?	Yes	No	Skip		Physical Activity
					Safety	
10	Do you feel safe where you live?	Yes	No	Skip	Safety	
11	Do you often have trouble keeping track of your medicines?	No	Yes	Skip		
12	Are family members or friends worried about your driving?	No	Yes	Skip		
13	Have you had any car accidents lately?	No	Yes	Skip		
14	Do you sometimes fall and hurt yourself, or is it hard to get up?	No	Yes	Skip		
15	Have you been hit, slapped, kicked, or physically hurt by someone in the past year?	No	Yes	Skip	Dental Health	
16	Do you keep a gun in your house or place where you live?	No	Yes	Skip		
17	Do you brush and floss your teeth daily?	Yes	No	Skip		
18	Do you often feel sad, hopeless, angry, or worried?	No	Yes	Skip		Mental Health
19	Do you often have trouble sleeping?	No	Yes	Skip		
20	Do you or others think that you are having trouble remembering things?	No	Yes	Skip		



21	Do you smoke or chew tobacco?	No	Yes	Skip	Alcohol, Tobacco, Drug Use
22	Do friends or family members smoke in your house or where you live?	No	Yes	Skip	
23	In the past year, have you had 4 or more alcohol drinks in one day?	No	Yes	Skip	
24	Do you use any drugs or medicines to help you sleep, relax, calm down, feel better, or lose weight?	No	Yes	Skip	
25	Do you think you or your partner could have a sexually transmitted infection (STI), such as Chlamydia, Gonorrhea, genital warts, etc.?	No	Yes	Skip	Sexual Issues
26	Have you or your partner(s) had sex with other people in the past year?	No	Yes	Skip	
27	Have you or your partner(s) had sex without a condom in the past year?	No	Yes	Skip	
28	Have you ever been forced or pressured to have sex?	No	Yes	Skip	Independent Living
29	Do you have someone to help you make decisions about your health and medical care?	Yes	No	Skip	
30	Do you need help bathing, eating, walking, dressing, or using the bathroom?	No	Yes	Skip	
31	Do you have someone to call when you need help in an emergency?	Yes	No	Skip	
32	Do you have other questions or concerns about your health?	No	Yes	Skip	Other Questions

*If yes, please describe:*

<b>Clinic Use Only</b>	Counseled	Referred	Anticipatory Guidance	Follow-up Ordered	Comments:
<input type="checkbox"/> Nutrition	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> <b>Patient Declined the SHA</b>
<input type="checkbox"/> Physical activity	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<input type="checkbox"/> Safety	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<input type="checkbox"/> Dental Health	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<input type="checkbox"/> Mental Health	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<input type="checkbox"/> Alcohol, Tobacco, Drug Use	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<input type="checkbox"/> Sexual Issues	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<input type="checkbox"/> Independent Living	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
PCP's Signature:		Print Name:		Date:	
<b>SHA ANNUAL REVIEW</b>					
PCP's Signature:		Print Name:		Date:	
PCP's Signature:		Print Name:		Date:	
PCP's Signature:		Print Name:		Date:	
PCP's Signature:		Print Name:		Date:	