



## HEALTH AND WELLNESS QUESTIONNAIRE

Client Name: \_\_\_\_\_

Client Ethnicity: \_\_\_\_\_ Client Gender Identity: \_\_\_\_\_

Client Religious/ Spiritual Beliefs: \_\_\_\_\_

In the last 12 months, how many times have you?

	Never	1-2 Times	3-5 Times	6 or More Times
Gone to the doctor				
Gone to the ER				
Been admitted to the hospital				

When is the last time you had routine bloodwork done? Please indicate where it was done as well. Please make a note of any abnormalities shown in the labwork.

When is the last time you had your vital signs checked? Please indicate where it was done as well, and if any vital signs were outside of normal limits.

Do you have any of the following conditions?

	Never	In the Past	Currently Diagnosed	Taking Medication	Under Doctor's Care	Runs in the Family
Allergies						
Asthma						
COPD						
Chronic Pain						
Diabetes						
Heart Problems						
High Blood Pressure						
Stroke						
HIV						
Hepatitis						

Please list all medications, both psychiatric and otherwise, and note the prescribing physician, and the approximate start date of this medication.

Medication and Dosage	Prescribing Physician	Approximate Start Date

Considering your age, rate your overall health:

\_\_\_\_\_ Poor    \_\_\_\_\_ Not Good    \_\_\_\_\_ Fair    \_\_\_\_\_ Good    \_\_\_\_\_ Great

**Daybreak Therapy Solutions has on staff a Wellness Coach (Ashlee Shreve) who offers both one-on-one health coaching as well as group classes and seminars. Please indicate if you are interested in obtaining information about any of the following topics.**

	Yes	No	Maybe
Nutrition and Weight Management			
Eating Disorder Recovery			
Healthy Cooking			
Physical Activity and Exercise			
Smoking Cessation			
Stress Management			
Substance Abuse Recovery			
Asthma Management			
General Medical Management			
General Sexual Health			
Sex Education for Teens			
Women’s Health Issues			
Breastfeeding Support			

**Alex Bourque, one of our therapists, is also a certified Reiki practitioner.** Reiki is a form of “energy healing” that promotes the relief of stress and tension in the body. Through a process of placing hands on or near the body, Reiki brings awareness to where we hold our emotions in the body. Reiki does not replace traditional medical treatment, but the concentration from Reiki centers the mind to promote general physical and emotional healing. Please indicate if you are interested in receiving more information about Reiki.

Yes	No	Maybe