Women's Wellness Exam

Date of assessment:

Patient information				
Name:	Date of birth:			
Contact information:				
Medical history review				
Current medications:	Allergies:			
Past medical history:	Menstrual history:			
Family history (e.g., cancer, cardiovascular, osteoporosis):	Obstetric history (e.g., pregnancies, births, complications):			
Lifestyle habits:				
Diet:	Exercise:			
Tobacco use:	Alcohol use:			
Substance use:				
Mental health screening:				
Anxiety/depression symptoms:	Yes	No		
If yes, specify:				
Referral needed:	Yes	No		

Physical examination				
Vital signs:				
Blood pressure:	Heart rate:			
Temperature:	Respiration rate:			
Height:	Weight:			
BMI:				
General appearance:	Heart and lung assessment:			
Abdomen and reflexes:	Additional findings:			
Breast exam				
Palpation for masses or tenderness:	Normal	Abnormal		
Skin or nipple changes:	Present	Not present		
Patient educated on self-exams:	Yes	No		
Pelvic exam				
External genitalia assessment:	Normal	Abnormal		
Speculum exam (vaginal walls, cervix):	Normal	Abnormal		
Bimanual exam (uterus, ovaries):	Normal	Abnormal		
Notable findings:				
Pap smear				
Pap performed today?	Yes	No		
Previous pap date/result:				
HPV co-testing:	Yes	No		

Indication:				
Routine	Follow-up	High-risk		
Specimen sen	t to lab:	Yes	No	
Vaccinations	and preventive screening	ngs		
HPV vaccine:				
Up-to-dat	te Due	Not applicable		
STI screening		Ordered	Not indicated	
Mammogram:				
Up-to-dat	te Due	Not applicable		
Bone density (DEXA):				
Up-to-dat	te Due	Not applicable		
Colorectal scre	eening:			
Up-to-dat	te Due	Not applicable		
Other screening	ng tests:			
Counceling	nd advastian			
Counseling a		Voc	No	
	mily planning discussed:	Yes	No	
Menopause/perimenopause management: Yes No				
Lifestyle and wellness counseling:				
Diet	Exercise	Smoking cessation		
	support/referrals provided	I: Yes	No	
Follow-up plan and next steps:				
	Tunu noxt stops.			
	r und riext steps.			
Additional no				
Additional no				
Additional no	ites	License ID number:		