

<b>Patient Name:</b>		<b>Physician Name:</b>		
<b>Date of Birth:</b>		<b>Physician Phone:</b>		
<b>Member #:</b>				
<b>INTERVENTIONS</b>	<b>DATE</b>	<b>DATE</b>	<b>DATE</b>	<b>DATE</b>
<b>Blood pressure</b> • < 140/90 mm Hg				
<b>Weight</b> (lb or kg)				
<b>Height</b>				
<b>Waist/Hip Ratio</b>				
<b>Lipid profile</b> (annual) <i>Goals:</i> Total Chol < 200 mg/dL				
Total cholesterol	mg/dL	mg/dL	mg/dL	mg/dL
LDL $\leq$ 70 mg/dL (goal) LDL	mg/dL	mg/dL	mg/dL	mg/dL
HDL > 40 mg/dL (men) HDL > 50 mg/dL (women)	mg/dL	mg/dL	mg/dL	mg/dL
HDL				
TG < 150 mg/dL Triglycerides	mg/dL	mg/dL	mg/dL	mg/dL
<b>If Diabetic:</b> <b>A1C Goal:</b> <7.0% <i>Metabolically controlled</i> <i>- every six months</i> <i>Not controlled, or</i> <i>change in therapy -</i> <i>every three months</i>				
<b>Work History</b> <b>Tolerance/Absences/</b> <b>Modifications</b>				
<b>Edema</b>				
<b>Cardiac Symptoms</b>				
<b>Medications and</b> <b>Compliance</b>				
<b>Aspirin therapy</b> 81- 325mg per day, pts. over 40 and patients under 40 with documented CHD risk factors				
<b>Alcohol/Drug Usage</b>				
<b>Education Review</b>				
<b>Flu vaccine</b> (annual)				
<b>Pneumonia vaccine</b>				
<b>EKG</b>				
<b>Chest X-Ray</b>				
<b>Smoking cessation</b> <b>counseling</b>				
<b>Exercise program</b>				