

Intake questionnaire – Dr Neil Simmons

Please take time to carefully answer these questions about your health. Your answers will help me to get an overview of how you are going and what you might need.

What are your main health concerns and priorities?

What treatments have you tried and what treatments are you currently undergoing for these concerns?

What are your other active medical conditions – diseases, injuries, operations?

What are your past medical conditions which are no longer active– diseases, injuries, operations?

What medication do you take?

What supplements and herbals do you take?

What illnesses run in your family?

What is your occupation?

What hobbies do you have?

Describe your accommodation and who you live with (including pets).

What time do you go to sleep and how long do you sleep for? Do you wake feeling refreshed?

How often do you do physical activity? What physical activity do you do?