

Patient Label



### Before Your Visit With Us...

Successful health care and preventive medicine are only possible when the physician has a complete understanding of a patient physically, mentally and emotionally. Your time, thoughtfulness and honesty in completing this overview will greatly help us to address your health concerns.

1. What are the reasons you chose CMB Health Specialties?

What do you know about our approach?

2. What three expectations do you have from this visit?

- 1.
- 2.
- 3.

What long term goals do you have for your health?

What expectations do you have of me personally as your physician?

3. What is your present level of commitment to address any underlying causes of your signs and symptoms that relate to your lifestyle? (Rate from 0 to 10, with 10 being 100%)

**0%** ← 1 2 3 4 5 6 7 8 9 10 → **100%**

4. Who do you know that will sincerely support you consistently with the beneficial lifestyle changes you will be making?