



Cardiovascular Assessment Form

Date of Birth:
Phone#:

Date:
Member Name:
Member Address:
City State Zip:

ID#:

Please complete the following assessment and return to us in the supplied envelope. These answers will help us determine your health status and ensure you are properly managing your health.

Have you been admitted to or been to a clinic at a VA (Veteran's Affairs) Hospital in the last 12 months? [ ] Yes [ ] No

If you received this form in error and don't have this disease, check the box and return the form to us in the supplied envelope without answering any of the questions below. [ ] No, I don't have Coronary Artery Disease.

1. Do you experience shortness of breath? [ ] Yes [ ] No
If yes, then how often do you get short of breath? (check one) [ ] Rarely [ ] Sometimes [ ] Very Often [ ] Always
2. Do you experience chest pain? [ ] Yes [ ] No
If yes, how often do you have chest pain? (check one) [ ] Rarely [ ] Sometimes [ ] Very Often [ ] Always
3. Do you have swelling in your feet, ankles, or legs? [ ] Yes [ ] No
If yes, then how often do your feet, ankle or legs swell? (check one) [ ] Rarely [ ] Sometimes [ ] Very Often [ ] Always
4. Have you ever had a Heart Attack? (check one) [ ] Yes [ ] No
5. If yes, how long ago was your Heart Attack? (check one) [ ] Less than 1 year [ ] 2-3 years ago [ ] More than 3 years ago
6. Have you ever had heart surgeries, ex. bypass, stents? [ ] Yes [ ] No
7. Does your Blood Pressure usually run higher than 140/90? (check one) [ ] Yes [ ] No [ ] Don't Know

**Cardiovascular Assessment Form** *(continued)***8. Do you have any of the following?**

High Cholesterol     Diabetes     High Cholesterol & Diabetes     Problems with circulation in your legs

**9. What type of diet do you follow?**

(check one)    Low Salt     Low Fat     Heart Healthy     No specific diet

**10. Do you smoke?**

Yes     No

**11. Do you use Oxygen at home?**

Yes     No

**12. How often do you exercise per week?**

(check one)    1-2 days     3-4 days     5-7 days     Don't exercise regularly

**13. Does your heart condition prevent you from enjoying your life?**

(check one)    Never     Rarely     Sometimes     Very Often     Always

**14. How often have you seen your PCP in the last year for your heart condition?**

(check one)    0     1 time     2 times     3-4 times     More than 4 times

**15. How often have you seen your Cardiologist in the last year?**

(check one)    0     1 time     2 times     3-4 times     More than 4 times

**16. How often in the past year have you been to the Emergency Room due to your heart condition?**

(check one)    0     1 time     2-3 times     More than 3 times

**17. How often in the past year have you been hospitalized due to your heart condition?**

(check one)    0     1 time     2-3 times     More than 3 times

**18. Do you think your heart condition has become better or worse over the past year?**

(check one)    Better     Worse     Stayed the same

**19. How would you rate your ability to take care of yourself with the support you have in place?**

(check one)     Excellent     Good     Fair     Poor