

eWellness Questionnaire

Helping you one question at a time!

ALLERGIES / ASTHMA

Name: First Name	MI	Last Name	Date of Birth:
			Patient Code:

Please do not select anything if the answer is no or negative.
Select Rarely 'R' if this is an uncommon event or symptom.
Select Frequent 'F' if this is a common event or symptom.
Select Always 'A' if this is a persistent event or symptom. Also select 'A' for Yes

At first glance there may seem to be a lot of questions. But each of these questions were selected because of their direct or indirect relation to the symptoms mentioned.

Section 1

1. R F A Consume breads / pastas / starches

2. R F A Cough / spit clear sputum / phlegm

Section 2

3. R F A Smoke or use tobacco

8. R F A Consume white sugar

4. R F A Eat fast food

9. R F A Consume refined carbs

5. R F A Eat pre processed / packaged foods

10. R F A Consume wheat or gluten

6. R F A Consume sweets

11. R F A Very little exercise

7. R F A Drink cow's milk

Section 3

12. R F A Rashes

15. R F A Eczema

13. R F A Itchy or dry skin

16. R F A Psoriasis

14. R F A Oily skin

Section 4

17. R F A Vertigo / dizziness

21. R F A Itchy eyes

18. R F A Light headedness

22. R F A Ear infections

19. R F A Dry or red eyes

23. R F A Runny nose / sneezing

20. R F A Watery eyes

Section 5

24. R F A History of COPD / lung disease

28. R F A Wheezing with breathing

25. R F A History of chronic bronchitis

29. R F A Asthma

26. R F A Difficulty breathing deeply

30. R F A Shortness of breath

27. R F A Acute or chronic coughing

31. R F A Pain when taking a breath

Section 6

32. R F A Difficulty going to sleeping

34. R F A Cough / spit green-yellowish sputum / phlegm

33. R F A Difficulty staying asleep

35. R F A Fatigued or tired

Section 7

36. R F A Chest pain / angina / tightness

Section 8

37. R F A Upset stomach

38. R F A Abdominal cramps or pain

Section 9

39. R F A Headaches or migraines

40. R F A Back pain or neck pain

Section 10

41. R F A Brain fog - lack of concentration

Section 11

42. R F A Allergies

Section 12

43. R F A Sick more often

44. R F A Recently taken antibiotics