My Teen Intake Packet

Ages 12–17 · Simply Well · Compass Medical Clinic

Welcome to Simply Well. This packet helps your care team understand your teen's health story — so we can build a plan that fits your family's real life. There are no right or wrong answers, and it is okay to skip anything that does not apply.

HOW THIS PACKET WORKS

At home · together. Caregiver and teen complete Sections A–G and sign the consent (about 25 minutes). Return at least 2 days before the first visit.

At the visit · teen only. At check-in, your teen will receive a short private form called My Voice (about 10 minutes). Nothing to prepare ahead.

SECTION A · ABOUT YOU

LEGAL NAME | NAME YOU GO BY | PRONOUNS

DATE OF BIRTH | AGE | GRADE | SCHOOL

WHO LIVES AT HOME WITH YOU

CAREGIVERS

NAME | RELATIONSHIP | PHONE

NAME | RELATIONSHIP | PHONE

CARE TEAM

PEDIATRICIAN / PRIMARY CARE | PHARMACY

REFERRING PROVIDER OR PERSON

SECTION B · WHY NOW

Teen: What would you like to get out of coming here?

Caregiver: What made now the right time?

What does your family already do well together?

Meals, activities, routines — small things count.

You are the captain — we are your crew.

SECTION C · GROWTH & WEIGHT STORY

CURRENT HEIGHT | CURRENT WEIGHT | BIRTH WEIGHT | BORN EARLY? HOW MANY WEEKS

When did weight first become a health concern?

Circle one.

- ○ Baby or toddler
- ○ Preschool (3–5)
- ○ Elementary school
- ○ Middle school
- ○ High school
- ○ Not a concern for us

Life events around times of weight change

Circle any that apply.

- ○ Moving or new school
- ○ Family separation or divorce
- ○ Loss of someone close
- ○ New sibling
- ○ Illness or injury
- ○ New medication
- ○ Puberty
- ○ Bullying or teasing
- ○ Stress at home
- ○ Change in sports or activity
- ○ Change in sleep or screen time
- ○ Other

Growth in height

Circle any that apply.

- ○ Growing taller at a steady pace
- ○ Height growth has slowed or stopped
- ○ Shorter than most classmates
- ○ Shorter than expected for our family
- ○ Not sure

BIOLOGICAL MOTHER'S HEIGHT | BIOLOGICAL FATHER'S HEIGHT

Hunger and early development

Circle any that describe your teen now or as a young child.

- ○ Seems hungry all the time
- ○ Hard to feel full after eating
- ○ Seeks out or sneaks food
- ○ Wakes at night to eat
- ○ Very upset when food is limited
- ○ Feeding trouble or low muscle tone as a baby
- ○ Developmental delays
- ○ Needed speech, OT, or PT therapy
- ○ None of these

What have you tried before? What helped, even a little?

Weight-related medications tried

Circle any, then note dose and how it went.

- ○ Metformin
- ○ Wegovy (semaglutide)
- ○ Saxenda (liraglutide)
- ○ Zepbound / Mounjaro
- ○ Qsymia
- ○ Phentermine
- ○ Other
- ○ None

SECTION D · MEDICAL HISTORY

Circle anything your teen has now or has had.

- ○ Asthma
- ○ Prediabetes
- ○ Type 2 diabetes
- ○ High blood pressure
- ○ High cholesterol or triglycerides
- ○ Fatty liver
- ○ Reflux or heartburn
- ○ Thyroid condition
- ○ PMOS (formerly PCOS)
- ○ Dark, velvety skin patches
- ○ Frequent headaches
- ○ Knee, hip, or back pain
- ○ Snoring or sleep apnea
- ○ ADHD
- ○ Anxiety
- ○ Depression
- ○ Autism
- ○ Learning differences
- ○ Eating disorder (past or current)
- ○ Other

Sleep and breathing

Circle any that happen most nights or most days.

- ○ Loud snoring
- ○ Pauses in breathing
- ○ Gasping or choking
- ○ Restless sleep
- ○ Hard to wake up
- ○ Morning headaches
- ○ Daytime sleepiness

Body check

Circle any your teen has noticed in the past few months.

- ○ Very thirsty or peeing a lot
- ○ Pain in the upper right belly
- ○ Headaches with blurry or double vision
- ○ Limping, or hip, thigh, or knee pain
- ○ Bedwetting
- ○ Constipation
- ○ Short of breath with activity
- ○ Purple or dark stretch marks
- ○ Rash or irritation in skin folds
- ○ Puberty started before age 8–9
- ○ None of these

SCHOOL-NIGHT BEDTIME **WAKE-UP TIME** **PHONE IN BEDROOM AT NIGHT?**

Current medications and supplements

Include vitamins, inhalers, and anything taken as needed.

Has your teen taken any of these, now or in the past?

Circle any. Some medications can affect appetite or weight — this helps us plan, not judge.

- ○ Risperidone (Risperdal)
- ○ Aripiprazole (Abilify)
- ○ Quetiapine (Seroquel)
- ○ Olanzapine (Zyprexa)
- ○ Lithium
- ○ Valproate (Depakote)
- ○ Gabapentin
- ○ Mirtazapine (Remeron)
- ○ Cyproheptadine (Periactin)
- ○ Steroid pills or shots
- ○ Depo-Provera shot
- ○ None of these

ALLERGIES (MEDICATION OR FOOD) AND REACTION

SURGERIES OR HOSPITAL STAYS (WHAT AND WHEN)

SECTION E · FAMILY HEALTH HISTORY

Circle any that run in the family and note who. Include blood relatives only.

CONDITION	WHO? (PARENT, SIBLING, GRANDPARENT, AUNT/UNCLE)
○ Weight-related health concerns	
○ Severe obesity starting in childhood	
○ Type 2 diabetes	
○ Diabetes during pregnancy	
○ Heart attack or stroke before age 55	
○ High blood pressure	
○ High cholesterol	
○ Thyroid disease	
○ PMOS (formerly PCOS)	
○ Sleep apnea	

○ Weight-loss surgery

○ Eating disorder

○ Depression or anxiety

SECTION F · PUBERTY & PERIODS

For teens who have periods. Skip if this does not apply.

AGE AT FIRST PERIOD

FIRST DAY OF LAST PERIOD

Periods are usually…

○ Every 3–6 weeks ○ Irregular or unpredictable ○ More than 3 months apart

○ Very heavy or painful ○ Not started yet

Circle any that apply.

○ Acne that is hard to control ○ Extra hair on face, chest, or belly ○ Thinning hair on the scalp

SECTION G · FOOD & RESOURCES

Many families face this at some point. Your answers help us build a plan that fits your budget and connect you with resources if helpful.

Circle one per row	Often true	Sometimes true	Never true
1. Within the past 12 months, we worried whether our food would run out before we got money to buy more.	Often true	Sometimes true	Never true
2. Within the past 12 months, the food we bought just didn't last and we didn't have money to get more.	Often true	Sometimes true	Never true

Would you like information about food, housing, transportation, or other resources?

○ Yes ○ No

CONSENT FOR CARE · CAREGIVER CONSENT & TEEN ASSENT

Nature of Care
Simply Well is a medical program for weight-related health, led by Dr. Hoover and the Compass Medical Clinic care team. Care may include office visits, health coaching, shared medical visits, lab tests, and referrals.

Obesity as a Chronic Disease
Obesity is a chronic, treatable medical condition shaped by genetics, biology, environment, and life events — not willpower. We care for it with the same respect as any other health condition.

Treatment Approach
Care is family-centered and grounded in lifestyle medicine across the Simply Well pillars. Goals are set with your teen, not for them. Plans are treated as experiments we test and adjust together.

Medications
Some teens may benefit from medication. Any medication is discussed with both teen and caregiver, and benefits, risks, and monitoring are reviewed before starting.

Privacy for Teens
Part of each visit is spent with your teen alone. What your teen shares stays private, except when we are concerned about their safety or someone else's, or when the law requires us to share. If that happens, we will talk with your teen first whenever we can. Some care may be kept confidential for teens as allowed by state law.

Use of Scribe or AI Dictation
Visits may use a medical scribe or AI dictation tool to help document care. You or your teen may ask us not to use it at any visit.

My Care
Taking part is voluntary. You and your teen may ask questions, pause, or stop care at any time.

CAREGIVER / LEGAL GUARDIAN SIGNATURE _____ **DATE** _____

PRINTED NAME _____ **RELATIONSHIP TO TEEN** _____

TEEN ASSENT

I understand what Simply Well is. I have had a chance to ask questions, and I agree to take part. I know I am the captain of my health — my care team is my crew.

TEEN SIGNATURE _____ **DATE** _____