

## Triune Wellness Survey

For each symptom below, rate your experience from 0 (never) to 3 (most days). Add up your score and see what we recommend at the end!

Symptoms	Never	1x / month	Weekly	Most days
<b>General Wellness</b>				
I have fatigue or low energy levels	0	1	2	3
I have trouble falling or staying asleep	0	1	2	3
I get frequent headaches	0	1	2	3
My muscles feel weak	0	1	2	3
I have generalized body aches or stiffness	0	1	2	3
<b>Digestive Health</b>				
I feel bloated or gassy after meals	0	1	2	3
I have frequent diarrhea or loose stools	0	1	2	3
I feel constipated (less than 3 bowel movements per week)	0	1	2	3
I get heartburn or acid reflux	0	1	2	3
I feel nauseous and/or vomit	0	1	2	3
<b>Blood Sugar Regulation</b>				
I crave sweets or carbohydrates	0	1	2	3
I feel shaky, lightheaded, or irritable between meals	0	1	2	3
I have difficulty concentrating or "brain fog"	0	1	2	3
I often feel thirsty or have frequent urination	0	1	2	3
I have unexplained weight gain or difficulty losing weight	No = 0		Yes = 3	
<b>Cardiovascular Health</b>				
I have shortness of breath with minimal activity	0	1	2	3
I feel heart palpitations or an irregular heartbeat	0	1	2	3
I have swelling in my hands or feet	0	1	2	3
My hands or feet feel cold	0	1	2	3
I feel dizzy when I stand	0	1	2	3
<b>Hormonal Health</b>				
I get mood swings or feel irritable	0	1	2	3
My hair is thinning or I have hair loss	No = 0		Yes = 3	
I have irregular menstrual cycles or PMS ( <i>if applicable</i> )	No = 0		Yes = 3	



**TRIUNE**

I have low libido or reduced sexual drive	No = 0		Yes = 3	
I have unexplained weight fluctuations	No = 0		Yes = 3	
<b>Skin, Hair, and Nails</b>				
I have dry, flaky skin	0	1	2	3
I get acne or frequent skin breakouts	0	1	2	3
I have brittle nails or hair	No = 0		Yes = 3	
My cuts and wounds are slow to heal	No = 0		Yes = 3	
I get dark circles under the eyes	0	1	2	3
<b>Immune Function</b>				
I have frequent colds or infections (2x / year or more)	No = 0		Yes = 3	
It takes me a while to recover from illnesses (more than a week)	No = 0		Yes = 3	
I have seasonal allergies or chronic sinus issues	No = 0		Yes = 3	
I have swollen lymph nodes	0	1	2	3
I get low-grade fevers without a clear cause	0	1	2	3
<b>Inflammation &amp; Joint Health</b>				
I feel joint pain or stiffness (Lasting longer than 3 months)	0	1	2	3
I have swelling in any of my joints	0	1	2	3
I have redness at, or heat around any of my joints	0	1	2	3
I feel stiffness in the morning lasting more than 30 minutes	0	1	2	3
I feel persistent back or neck pain	0	1	2	3
<b>Nervous System &amp; Mental Health</b>				
I feel anxious or have feelings of being "on edge"	0	1	2	3
I feel depression or sadness without a clear reason	0	1	2	3
I feel tingling or numbness in my arms or legs	0	1	2	3
Stress is difficult for me to handle	0	1	2	3
I have sensitivity to light or noise	0	1	2	3
My stress levels at work > 6/10	0	1	2	3
My stress levels at home > 6/10	0	1	2	3
<b>Finished! Add up your total and check the key below.</b>				

**TOTAL:** \_\_\_\_\_

# Do you know your Wellness Score?

Take our Triune Wellness Survey and see where you currently land on the scoring key below.

*Ask the front desk staff or your Doctor for a copy of the survey.*

## Scoring Key

<b>0 - 10</b>  Congrats on your overall Wellness!  There is likely no immediate need for blood work, just keep focusing on maintaining healthy lifestyle habits.	<b>11 - 20</b>  Consider blood work to investigate potential underlying issues.  You could get bloodwork as a baseline for your health & wellness journey.	<b>21 +</b>  Blood work is highly recommended to identify and address potential deficiencies, imbalances, or health conditions.  Ask our doctors or staff about wellness options.
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We're excited to offer comprehensive functional medicine blood work testing. This innovative service goes beyond traditional lab tests, providing detailed insights into your health and helping prevent chronic conditions like diabetes and heart disease.

With personalized recommendations, we empower you to take control of your wellness journey, ensuring you receive the care and support you need.



***Ask us how this proactive approach can be a step towards a healthier you!***