



## HEALTH FORM

Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

DYW Program name: \_\_\_\_\_ State: \_\_\_\_\_ Year: \_\_\_\_\_

Street address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Physician: \_\_\_\_\_ Phone: \_\_\_\_\_ Date of last physical exam: \_\_\_\_\_

Dates and reasons for past hospitalizations: \_\_\_\_\_

Medical Insurance Company and Plan: \_\_\_\_\_

Member's name, policy number & group number: \_\_\_\_\_

Explain any allergies to medicines (or write none): \_\_\_\_\_

Explain any other allergies (e.g. pets/hay fever/foods): \_\_\_\_\_

If you take allergy medication, please list types and dosage here: \_\_\_\_\_

List all other current medications: \_\_\_\_\_

If you are you on a special diet, including vegetarian, pescatarian, or vegan, please explain what you do not eat: \_\_\_\_\_

Religious preference in case of emergency (be specific): \_\_\_\_\_

Please check the box for each over-the-counter medication that may be administered:

Tylenol

Cough Syrup

Antacid

Aleve

Decongestant

Pepto Bismol

**If there are any medical conditions that could limit your full participation in this program in any way, including practicing and performing the fitness routine, please explain here:** \_\_\_\_\_

To the best of my knowledge, all of the above information is correct. I believe there is no physical condition or other condition that will limit the full participation by the participant named above in the Distinguished Young Women Program, except as noted above. **Should a medical problem arise, I give consent to such medical treatment as deemed necessary by a licensed physician or nurse and agree to be financially responsible for the cost of any such assistance or treatment.**

Parent/guardian's signature \_\_\_\_\_ Date \_\_\_\_\_

Print Name: \_\_\_\_\_

Please list two emergency contacts:

1. \_\_\_\_\_ Relationship: \_\_\_\_\_

Home phone: \_\_\_\_\_ Cell phone: \_\_\_\_\_

2. \_\_\_\_\_ Relationship: \_\_\_\_\_

Home phone: \_\_\_\_\_ Cell phone: \_\_\_\_\_