# **Health and Lifestyle Questionnaire**

Adviser Reference	
	h information as possible about your health and lifestyle. The information d may result in you receiving a higher income if you have certain health
If a condition does not apply to you, plo	ease leave that section blank.
	reen please ensure you save it regularly to ensure typed in information is not lost.
	g a pen please use Black Ink and CAPITALS
Once completed please return this form	n to your financial adviser.
Section 1 – Personal Details	
Some of your personal information will collect it here	be available from your pension provider and therefore we do not need to
All mandatory fields are marked with a	*.
In boxes please select the correct answ	ver or tick (✔) the correct answer if filling in by hand.
Title*	☐ Mr ☐ Mrs ☐ Miss ☐ Ms ☐ Other
Gender*	Male Female
Surname*	
Forename(s)*	
Date of Birth	D D M M Y Y
Nationality	UK Other
Other	
Marital status	Single Married/Civil Partnership
	Separated Divorced Widowed
Occupation	
Current occupation*	
Current occupation basis*	Full time Part time
If no longer working, previous occupation	
Previous occupation end date	M M Y Y Y
Contact Details	
Country	
Postcode	

#### **Section 2 – Medical Assessment**

To be completed by you.

Please describe your health in as much detail as possible. All questions asked are relevant, and by providing full and correct information you will obtain as accurate a quotation as possible. Limited information may mean a fully guaranteed quote cannot be provided.

The quote will be based on the medical information supplied. However, independent verification of this information may be sought from a medical professional. If it is subsequently found that the questions were not answered accurately and with reasonable care or we are unable to confirm the information provided, then that could result in your income being reduced or your policy being cancelled.

Your details	
Height*	ft ins or cms
Weight*	st lbs or kg
Waist measurement	ins <b>or</b> cms
Smoking	
Have you ever smoked?*	Yes No
Do you currently smoke?*	Yes No
When did you start?*	M $M$ $Y$ $Y$ $Y$
When did you stop?*	M $M$ $Y$ $Y$ $Y$
Have you been a regular daily smoker for the last 10 years?*	Yes No
Cigarettes per day*	
Cigars per day*	
Rolling tobacco per week*	ozs <b>or</b> gms
Pipe tobacco per week*	ozs <b>or</b> gms
Drinking	
How many units of alcohol do you drink we	eekly?*
Medical Conditions	
Do you have any medical conditions to dis	close?* Yes No
If no, please return this form to your fin	ancial adviser.

If you have ever been diagnosed with any of the medical conditions detailed on the next page, please complete the

relevant sections before returning it to your financial adviser.

#### **Health and Lifestyle Questionnaire Sections**

High blood pressure (Hypertension)	page 4
High cholesterol	page 5
Heart condition	page 6
Diabetes	page 8
Stroke	page 10
Respiratory/lung disease	page 11
Multiple sclerosis	page 13
Neurological disease	page 15
Activities of daily living	page 16
Cancer, leukaemia, lymphoma, growth or tumour	page 17
Please add Cancer/tumour name*	
Please add any other medical conditions you have*	

#### Section 3 – Medical Conditions

ngn	biood pressure (Hypertensio	n)				
a)	Date diagnosed	M M Y	YYY			
b)	Last reading		sys	DIA		
c)	Date of last reading <sup>1</sup>	M M Y	YYY			
d)	Previous reading		sys	DIA		
e)	Date of previous reading (recommended if previous reading given)	M M Y	YYY			
Pleas	e list all the medication you	CURREN	TLY take for yo	ur High blood p	ressure (Hyper	tension)?
Medi	cation name		Dose prescribed e.g. grams, milligr micrograms, milli	ams,	Frequency e.g. daily, weekly or as required	Date commenced (MM/YYYY)
1						
2						
3						
4						
5						
Advise	er Note: Once a medication has be	en selected	d, please press 'add	d medication' to con	nplete the medication	on section
Please	e provide any further information	you think	may be important	: <b>.</b>		
	idance Note:		07:00:1		15.4	
Bloo	d pressure readings required are th	ose taken l	ov vour GP/Clinicia	n rather than home	selt-testing kits	

High	cholesterol			
a)	Date diagnosed	M M Y Y Y		
b)	Last reading	mmol/L		
c)	Date of last reading <sup>2</sup>	M M Y Y Y		
d)	Previous reading	mmol/L		
e)	Date of previous reading	M M Y Y Y		
Pleas	e list all the medication you	CURRENTLY take for your high choles	sterol?	
Medi	cation name	Dose prescribed and unit e.g. grams, milligrams, micrograms, millilitres	Frequency e.g. daily, weekly or as required	Date commenced (MM/YYYY)
1				
2				
3				
Advise	er Note: Once a medication has b	een selected, please press 'add medication' to co	omplete the medicat	ion section
Please	e provide any further information	you think may be important.		

Cholesterol readings required are those taken by your GP/Clinician rather than home self-testing kits

# Heart condition – heart attack, angina and other heart conditions questionnaire

Please refer to any available hospital letters or reports about your heart condition to complete this section. You may also include copies of any reports with your request form.

Have you ever been diagnosed with any of the following?

Diagnosis	Date of diagnosis (MM/YYYY)	No. of occurrences	Condition ongoing? (yes/no)	
Heart attack (Myocardial Infarction)				
Angina				
Heart failure				
Aortic aneurysm				
Cardiomyopathy				
Heart valve disorders				
Atrial fibrillation (AF)				
Other irregular heart rhythm				
Other: please specify (e.g. blocked artery)				
Are you currently under the care of a cardiologist? Yes No Last consultation date:  How many times have you been admitted to hospital due to your heart condition WITHIN THE PAST 10 YEARS?  Number of hospital admissions Date of last admission  Date of last admission  If yes, please give details:				
Please advise date and result of any STRE	ESS (EXERCISE) ECG testing	e.g. using a bicycle or	· treadmill.	
(Do not include resting ECG tests.)		- <del>-</del>		
Date M M Y Y Y Y Result: No	ormal / Abnormal / Other <b>(Pleas</b>	e delete as appropriat	e)	

ir surgery has been carried out, please stat	e type of pro	ocedure and date of MOST	RECENT Surge	ry.
Aortic valve replacement		Successful? Yes	☐ No Date	M M Y Y Y
Mitral valve replacement		Successful? Yes	☐ No Date	M M Y Y Y
Tricuspid valve replacement		Successful? Yes	☐ No Date	M M Y Y Y
Pacemaker		Successful? Yes	☐ No Date	M M Y Y Y
Cardioversion/ablation		Successful?  Yes	☐ No Date	M M Y Y Y
Aortic aneurysm repair		Successful?  Yes	☐ No Date	M M Y Y Y
Coronary artery bypass graft (CABG)		Number of arteries treated	Date	M M Y Y Y
Coronary angioplasty/stents		Number of arteries treated	Date	M M Y Y Y
What medication are you CURRENTLY taking the Manne of Medication name Condition(	heart	Dose prescribed and unit e.g. grams, milligrams,	Frequency e.g. daily, weel	Date kly commenced
1		micrograms, millilitres	Of as required	(IVIIVI/ I-I I-I )
2				
3				
4				
5				
Adviser Note: Once a medication has been s	elected, pleas	se press 'add medication' to o	complete the me	I edication section
Does your heart condition CURRENTLY aff	ect you in ar	ny of the following ways?.		
	Never	Some of the time	Most of the tim	ne Always
Symptoms at rest				
Breathlessness walking from room to room				
Breathlessness climbing stairs				
Chest pains on minor to moderate activity				
Chest pains on severe exertion				
Swollen ankles				
Episodes of dizziness				
Episodes of blackouts				
Please provide any further information you	ı think may b	e important (e.g. dates of r	nultiple surger	y)

#### **Diabetes questionnaire**

Please refer to any available hospital letters or reports about your diabetes to complete this section. You may also include copies of any reports with your request form. When was your diabetes diagnosed? Is your diabetes? Type 1 Type 2 Insulin How is your diabetes controlled? Diet only Non-insulin (tablet) If you monitor your own blood glucose levels how frequently do you monitor it? Number of times Frequency (please tick as appropriate) Please give readings for HbA1c: (Please record readings either as mmol/mol or as a percentage) **Guidance Note:** HbA1c readings can be reported as mmol/mol or as a percentage. Mmol/mol readings are usually higher figures between 40 mmol/mol and 140+ mmol/mol; whereas percentage readings are usually lower figures between 3.0% and 16.0%. (Please do not advise results of glucose finger prick tests, fasting blood sugar tests or random blood sugar tests here.) How many HbA1c readings are available (1 or 2)? HbA1c Reading 1 DCCT (%) IFFC (mmol/mol) Date or DCCT (%) HbA1c Reading 2 IFFC (mmol/mol) Please list all the medication you CURRENTLY take for your diabetes? Dose prescribed and unit Frequency Date Medication name e.g. grams, milligrams, e.g. daily, weekly commenced micrograms, millilitres (MM/YYYY) or as required 1 2 3 4 5 Adviser Note: Once a medication has been selected, please press 'add medication' to complete the medication section Have you ever been admitted into hospital as a result of your diabetes? Yes U No U If yes, when were you last hospitalised? Do you suffer from any of the following diabetic complications? If yes, please select as appropriate giving details with dates in the box provided below. Heart disease Retinopathy (excluding other eye disease) Neuropathy Kidney disease (protein in urine) Peripheral vascular disease (with ulceration) Amputation

Please provide any further information you think may be important.	

#### Stroke questionnaire

Please refer to any available hospital letters or reports about your stroke(s) to complete this section. You may also include copies of any reports with your request form.

Please advise which of the following you have been diagnosed with and give details of all episodes below:

Episode/type (e.g.CVA, TIA)	Diagnosis (MM/YYYY)	Part of body affected	Duration of symptoms (years, months or days)	recovery (years, months or days)
Please advise of any of the follo	wing ongoing prob	lems due to your str	oke:	
Speech difficulties				
Vision impairment				
Arm paralysis				
Leg paralysis				
Short-term memory loss				
Are you still under follow up?	Yes No			
What medication are you CURRE	ENTLY taking for th	is condition?		
Medication name	e.g	se prescribed and unit . grams, milligrams, crograms, millilitres	Frequency e.g. daily, w or as requir	
Medication name	e.g	. grams, milligrams,	e.g. daily, w	eekly commenced
	e.g	. grams, milligrams,	e.g. daily, w	eekly commenced
1	e.g	. grams, milligrams,	e.g. daily, w	eekly commenced
1 2	e.g mid	. grams, milligrams, crograms, millilitres	e.g. daily, w or as requir	reekly commenced (MM/YYYY)
1 2 3	e.g mid	grams, milligrams, crograms, millilitres	e.g. daily, w or as requir	reekly commenced (MM/YYYY)
1 2 3 Adviser Note: Once a medication	e.g mid	grams, milligrams, crograms, millilitres	e.g. daily, w or as requir	reekly commenced (MM/YYYY)
1 2 3 Adviser Note: Once a medication	e.g mid	grams, milligrams, crograms, millilitres	e.g. daily, w or as requir	reekly commenced (MM/YYYY)

# Respiratory/lung disease questionnaire

Please refer to any available hospital letters or reports about your respiratory or lung disease condition to complete this section. You may also include copies of any reports with your request form.

Please advise which of the following respi	iratory conditions you have been diag	nosed with:	Date of diagnosis:
☐ Chronic obstructive airways/pulmonary d	isease (COAD/COPD)		M M Y Y Y
Emphysema			M M Y Y Y
Bronchiectasis			M M Y Y Y
Pneumoconiosis (a type of lung disease	related to occupation)		M M Y Y Y
Asbestosis			M M Y Y Y
Asthma			M M Y Y Y
Pleural plaques			M M Y Y Y
Sleep apnoea			M M Y Y Y Y
		7	M M Y Y Y Y
Other Please specify			
What medications are you currently taking	g for this condition?		
		Frequenc	CV
Medication name	Dose prescribed and unit e.g. grams, milligrams, micrograms, millilitres	e.g. daily weekly o	commenced
	micrograms, millinues	required	(MM/YYYY)
1			
2			
3			
4			
•			
5			
Adviser Note: Once a medication has been	selected, please press 'add medication' to	complete the	medication section
If you have been admitted to hospital for y and please indicate date of last admission		ny times have	you been admitted
Number of hospital admissions	Date of last admission	Υ	
How has your lung function been graded a	according to FEV1? (This does not refe	er to Peak Flov	v):
Unaffected	Yes	No	
Minimally impaired (FEV1 greater than 70%)	Yes	No	
Moderately impaired (FEV1 50-70%)	Yes	No	
Severely impaired (FEV1 less than 50%)	Yes	No	

Do any of the following apply due to your respiratory lung condition?	Never	Some of the time	Most of the time	Always
Chest infections				
Need for home oxygen				
Need for a continuous positive airway pressure (CPAP) breathing machine				
Signs of cor pulmonale (right heart failure due to lung disease)				
Breathlessness walking from room to room				
Breathlessness climbing stairs				
Breathlessness when lying flat				
Oral steroids (in tablet form only e.g. Prednisolone)				
Please provide any further information you think may be important.				

#### Multiple sclerosis questionnaire

Please refer to any available hospital letters or reports about your multiple sclerosis to complete this section. You may also include copies of any reports with your request form.

When was your multiple sclerosis diagnosed	? M M Y Y Y Y			
What is your multiple sclerosis sub-type?				
Relapsing remitting				
Secondary progressive				
Primary progressive				
Progressive relapsing				
Please advise number of attacks in the last 5	years:			
If you have been admitted to hospital due to admitted and the date of your last admission		please ind	licate how many times	you have been
Number of hospital admissions Da	ate of last admission	MYY	YY	
What medication are you CURRENTLY taking	<b>l</b> ?			
			E	Data
	Dose prescribed and unit milligrams, micrograms, m		Frequency e.g. daily, weekly or as required	Date commenced (MM/YYYY)
1				
2				
3				
4				
5				
Adviser Note: Once a medication has been sele	ected, please press 'add	medication'	to complete the medica	ition section
Do you have, or have you had, any of the follow	owing in relation to you	ır multiple :	sclerosis?	
Bladder incontinence/self-catheterisation	Yes	No		
Secondary infection (e.g. pneumonia)	Yes	No		
Progressive mental deterioration	Yes	No		
Vision impairment	Yes	No		
Speech impairment	Yes	No		
Paralysis of a limb	Yes	No		
Use of steroids (e.g. Prednisolone) on more than	n 1 occasion Yes	Пио		

Please also complete the activities of daily living questionnaire on page 16

Please provide any further information you think may be important.					

## Other neurological disease questionnaire

Please refer to any available hospital letters or reports about your other neurological conditions to complete this section. You may also include copies of any reports with your request form.

Please advise which of the fo	llowing you have been di	agnosed with:		
Senile dementia		ı	Date of diagnosis:	M Y Y Y Y
☐ Vascular dementia		ſ	Date of diagnosis:	M Y Y Y
Alzheimer's disease		ſ	Date of diagnosis:	M Y Y Y
Parkinson's disease		1	Date of diagnosis:	M Y Y Y
☐ Motor neurone disease		1	Date of diagnosis:	M Y Y Y
Other Please specify	,		Date of diagnosis:	M Y Y Y
What medication are you CUI	RRENTLY taking in relatio	on to your neurological	condition?	
Medication name	Name of condition(s)	Dose prescribed and ur e.g. grams, milligrams, micrograms, millilitres	e.g. daily, weekly or as required	Date commenced (MM/YYYY)
1				
2				
3				
4				
5				
Adviser Note: Once a medicat	ion has been selected, plea	ase press 'add medication	n' to complete the medic	ation section
If you have been admitted to	hospital for your neurolo	gical condition, how ma	ıny times have you bed	en admitted?
Number of hospital admissions	Date of last	admission M M Y Y	YY	
Please advise last MMSE (Min	ni Mental State Examinati	on) score if known	/30	
Do you have, or have you had	d, any of the following sy	mptoms in relation to yo	our neurological condi	tion?
Pressure sores Yes	No			
Falls Yes	No			
Tremors Yes	No			
Seizures Yes	No			
Please provide any further in	formation you think may	be important, e.g. the re	esult of any cognition a	assessment.

Please also complete the activities of daily living questionnaire on page 16

## Activities of daily living (ADL) Questionnaire

Please advise relevant diagnosis in relation to which you are completing this questionnaire:	
Please tick one box from each of the following that most	closely reflects your current condition.
Dressing: How is your ability to dress yourself?	Bowel control: How would you describe your current bowel control?
I am able to dress myself but require some assistance with buttons, zips and laces etc.  I am able to fully dress myself (including buttons, zips,	☐ I have no control of my bowel movements (incontinent o require an enema) ☐ I have occasional accidents (once a week) ☐ Lam in full control of my boyel movements (continent)
laces etc.)  Mobility indoors: How easily you can move from one place to another?	☐ I am in full control of my bowel movements (continent)  Bathing and showering: How easy is it for you to bathe and get in and out of the bath or shower?
I am bedridden	I require full assistance to bathe or shower (dependent)
☐ I require full assistance of one or two people ☐ I use a wheelchair always	☐ I can wash independently but require some assistance in and out of the bath or shower
I use a wheelchair some of the time	I can independently wash and bathe myself
I walk with assistance (frame/stick/rolling walker)	Feeding: What is your current ability to feed yourself once food has been prepared and made available?
I can independently move from one place to another  Transferring: How well are you able to move from one	I am unable to feed myself or require a naso-gastric tube/PEG tube
position to another, e.g. from a chair to a bed?  I am unable to transfer and have no sitting ability	I require assistance to cut up the food on my plate but I am able to feed myself  I can independently feed myself
I require major help to get into a chair or bed  I require minor help to get into a chair or bed but can sit unaided	How has your ability to perform your ADL changed over the last 5 years?
I am able to get into a chair or bed independently	I have experienced minimal to no change
Bladder control: How would you describe your current bladder control?	I have experienced deterioration in two or more activities of daily living
I am unable to control my bladder or I am catheterised	☐ I have experienced rapid deterioration
I have occasional accidents (once a week)	
I am in full control of my bladder (continent)	

# Cancer, leukaemia, lymphoma, growth or tumour questionnaire

Please refer to any available hospital letters or reports about your cancer, stage, grade and treatment received to complete this section. You may also include copies of any reports with your request form.

Where is the tumour located?	
When was the tumour/malignant condition first diagnosed?	
Was the tumour: Benign Pre-cancerous Malignant	
Do you know the clinically confirmed grade of the tumour?	)
If yes, please tick appropriate option Grade 1 (Low) Grade 2 (Interr	mediate) Grade 3 (High)
Do you know the staging? If you know the clinically confirmed staging of the tumo against the relevant classification below:	ur, please tick and provide details
What type of tumour staging is? (Please complete the appropriate staging below)	
General cancer staging classification (used for all cancers e.g. Stage 1B):	
Stage: 0 1 2 3 4	Sub-stage (1-4 only) a b c
TNM (commonly used for most cancers e.g. T1aN0M0)	
▼ Stage: ☐ Ta ☐ Tis ☐ T0 ☐ T1 ☐ T2 ☐ T3 ☐ T4 ☐ TX	Sub-stage (T1-T4 only) a b c
N Stage: ☐ N0 ☐ N1 ☐ N2 ☐ N3 ☐ Nx	Sub-stage (N1-N3 only)  a b c
M Stage: ☐ M0 ☐ M1 ☐ Mx	
Dukes classification (used for colorectal cancers)	
Stage: A B C D	
Modified Astler-Coller (MAC) (used for colorectal cancers):	
Stage: A1 A2 A3 B1 B2 B3 C1 C2 D1 D2 D3	СЗ
Figo classification (used for gynaecological cancers)	
Stage:	
Clark level (used for skin cancers, specifically malignant melanomas)	
Stage:	
Breslow thickness (used for skin cancers, specifically malignant melanomas)	
Details: mm	
Ann Arbor classification (used for lymphomas)	
Stage: 1 2 3 4	

Please tick the box that most closely desc	ribes the nature of the tumour.		
Carcinoma-in-situ (stage O, Tis, Ta)			
Only local tumour growth			
Tumour invaded adjacent distant lymph n If ticked, please advise number of nodes			
Tumour invaded distant lymph nodes If ticked, please advise number of nodes	affected and location		
Tumour spread to distant organs (distant	metastases) If so, where?		
Guidance Note:			
The removal of lymph nodes for biopsy doe	s not necessarily mean the cancer has	snread there	
The removal of tymph flodes for biopsy does	s not necessarily mean the cancer has	spread there.	
Has there been a recurrence?	Yes No	7	
Recurrence date	M M Y Y Y	J	
Have you been discharged?	Yes No		
In the case of PROSTATE CANCER, please	advise where known		
If your condition is a type of prostate cancer, I	please provide the following information	if known:	
			Date recorded:
			M M Y Y Y
Current prostate specific antigen (PSA) level			M M Y Y Y
Pre-treatment PSA level			MMYYYY
Gleason score			M M Y Y Y
In the case of BREAST CANCER, please a	dvise where known		
Breast cancer hormone receptor status			]
What medication are you CURRENTLY tak	ng for this condition?		
Medication name	Dose prescribed and unit e.g. grams, milligrams, micrograms, millilitres	Frequency e.g. daily, weekly or as required	Date commenced (MM/YYYY)
4			

Adviser Note: Once a medication has been selected, please press 'add medication' to complete the medication section

Did you have, or are you due to have, any of the following as a result of your tumour or malignant condition:								
Surgery Type of surgery:		Date:	M	M	Υ	Υ	Υ	Υ
Chemotherapy	Date commenced: M M Y Y Y Y	Date ended:	M	M	Υ	Υ	Υ	Υ
Radiotherapy (including brachytherapy)	Date commenced: M M Y Y Y Y	Date ended:	M	M	Υ	Υ	Υ	Υ
Bone marrow/stem cell transplant	Date commenced: M M Y Y Y Y	Date ended:	M	M	Υ	Υ	Υ	Υ
Hormone therapy	Date commenced: M M Y Y Y Y	Date ended:	M	M	Υ	Υ	Υ	Υ
Other (Please give full details in box below)	Date commenced: M M Y Y Y Y	Date ended:	M	M	Υ	Υ	Υ	Υ
Description (e.g. BCG, HIFU, Immunotherapy)								

#### **Other conditions**

Condition one - Please s	specify the condition.				
When were you first diagn	osed with this condition?	)*	M M Y Y Y		
When did you last experie	ence symptoms for this co	ondition?*	M M Y Y Y		
When did you last receive	medication/treatment for	this condition?	M M Y Y Y		
How many times have you	u been hospitalised for th	is condition?	0-99		
When were you last admit	ted to hospital for this co	ndition?	M M Y Y Y		
Treatments					
Have you received any t	reatments within the pa	st 5 years?	Yes No		
Did you receive any of the	following treatments:				
Renal dialysis	☐ Yes ☐ No				
Surgery	☐ Yes ☐ No				
Surgery type					
Medication name		Dose prescribe	ed and unit e.g. grams,	Frequency e.g. daily,	
		milligrams, mic	rograms, millilitres	weekly or as required	
1					
2					
3					
4					
5					
Adviser Note: Once a me	edication has been select	red please press	'add medication' to complete	the medication section	
Condition two - Please s		ea, picase piess	add medication to complete	the medication section	
		•			
When were you first diagn			M M Y Y Y		
When did you last experie	• •		M M Y Y Y		
When did you last receive			M M Y Y Y Y		
When were you last admit	·		0-99		
When were you last admitted to hospital for this condition?  Treatments					
Have you received any treatments within the past 5 years?					
Did you receive any of the	_	•			
Renal dialysis	☐Yes ☐No				
Surgery	Yes No				
Surgery type					

Medication name	Dose prescribe	ed and unit e.g. grams, rograms, millilitres	Frequency e.g. daily, weekly or as required
1			
2			
3			
4			
5			
Adviser Note: Once a medication has been selected	ed, please press	'add medication' to cor	mplete the medication section
_			
Condition three - Please specify the condition.			
When were you first diagnosed with this condition?	*	M M Y Y Y Y	
When did you last experience symptoms for this co	ndition?*	M M Y Y Y Y	
When did you last receive medication/treatment for	this condition?	M M Y Y Y Y	
How many times have you been hospitalised for this	s condition?	0-99	
When were you last admitted to hospital for this cor	ndition?	M M Y Y Y	
Treatments			
Have you received any treatments within the pa	st 5 years?	Yes No	
Did you receive any of the following treatments:			
Renal dialysis			
Surgery Yes No			
Surgery type			
Medication name	Dose prescribe	ed and unit e.g. grams,	Frequency e.g. daily,
1	milligrams, mic	rograms, millilitres	weekly or as required
2			
3			
4			

Adviser Note: Once a medication has been selected, please press 'add medication' to complete the medication section

5

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