

Office visit worksheet for Cura Check

Cura Check estimates cardiovascular, dementia, and cancer risk from a short questionnaire plus a standard blood panel. A few inputs cannot come from a blood test — they have to be measured. Bring this page to any routine visit, physical, or nurse appointment, have it filled in, then type the values into curawellplan.com/check.

A. Measured in the office (staff can complete)

Blood pressure — systolic	top number, mmHg	
Blood pressure — diastolic	bottom number, mmHg	
Height	ft / in	
Weight	lbs	
Date measured	MM / DD / YYYY	

Blood pressure matters most here. If it was taken in a rush or right after you walked in, ask for a second reading after sitting quietly for five minutes and use that one.

B. Current medications (check all that apply)

Blood pressure medication

☐ Yes ☐ No ☐ Not sure

Statin or other cholesterol medication

☐ Yes ☐ No ☐ Not sure

Other medications worth noting:

C. History and lifestyle (you or your clinician)

Smoking

☐ Never smoked ☐ Former, quit 1+ yr ago ☐ Former, quit within 1 yr ☐ Current smoker

Physical activity

☐ Mostly sedentary ☐ Some walking most days ☐ Structured exercise 1-2x/wk ☐ Structured 3+x/wk

Alcohol

☐ None ☐ Up to 7 drinks/wk ☐ 8-14 drinks/wk ☐ More than 14/wk

Hearing

☐ No difficulty ☐ Some difficulty, no aid ☐ Hearing loss, using an aid

Vision

☐ No difficulty (or corrected) ☐ Some uncorrected difficulty ☐ Significant uncorrected loss

Average sleep per night: _____ hours

Hearing and vision are on this list because uncorrected loss in midlife is one of the few dementia risk factors that is genuinely modifiable. It is worth asking about, not skipping.

D. Blood panel to request

Ask for a lipid panel and a basic metabolic panel, plus HbA1c. These five values feed the score:

Total cholesterol	mg/dL	
HDL cholesterol	mg/dL	
Triglycerides	mg/dL	
Glucose or HbA1c	mg/dL or %	
Creatinine	mg/dL	

Already have a recent panel? You can upload the PDF or a photo at curawellplan.com/check and the values are read automatically — the file is discarded right after, never stored. More detail on which panel to ask for is at curawellplan.com/check/labs.

E. Questions for your clinician

☐ Given these numbers, what is the single change that would move my risk the most?

☐ Is there any screening I am due for that I have not had?

Cura Check is educational. It does not diagnose anything and does not replace an exam, screening, or your clinician's judgement. Free, no account required. curawellplan.com/check