



Dear Patient,

Thank you for taking the time to fill out the following new patient forms prior to your first visit. **Please email (rparks@drpeine.com), mail, fax (208-947-0926), or drop off your new patient paperwork to the office at least 1 week prior to your initial appointment.** We require your completed paperwork be returned ahead of time to make your time with the physician more efficient and productive.

Please bring the following with you to your initial appointment:

- A copy of any blood (lab) work that has been done in the past year, as well as any reports from relevant past imaging studies (x-rays, MRI, CT scans, etc). It is not necessary for you to bring copies of your films to your initial visit. Your doctor's office may fax this information directly to us at (208) 947-0926.
- Your insurance card, or a copy of the front and back of your insurance card.
- Credit card, check or cash for your insurance copayment, coinsurance, or deductible. Please be punctual in order to benefit fully from your appointment. **There will be a \$100 no-show fee assessed if cancellation is not made at least 24 hours prior to your appointment.**

We accept most forms of insurance with the exception of Regence Blue Shield of Idaho, Medicaid, and Medicare. Please contact your insurance or the office to verify benefits and coverage prior to scheduling an appointment. If you have an insurance which we do not accept, we offer a discount for cash payment made at the time of service. If we are an out-of-network provider for your insurance, we will provide you with a bill you may submit to your insurance. If you have a question about your bill, please contact the office.

**Our office address is 2717 West Bannock Street, Suite 101, Boise, Idaho 83702.** We are located two blocks from Whittier Elementary School and four blocks from Quinn's Pond. From Highway 184 E (the Connector), take Fairview Avenue Exit 3 and follow the off ramp under the highway. Continue on Fairview Avenue, crossing over the river. Turn left onto 27th street. Drive two blocks and turn left onto Bannock Street. Our office is in the second free-standing building on your left. Please call with any questions or for help finding our new location.

Please feel free to contact us at (208) 947-0925 if you have any questions or concerns.

Sincerely,

Chris Peine, D.O.  
Peter Abraham, D.O.  
Melissa Walsh, PA-C



**NEW PATIENT INFORMATION**

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Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_ Middle Initial: \_\_\_\_\_

Gender:  M  F Date of Birth: \_\_\_\_\_ Age: \_\_\_\_\_ SSN: \_\_\_\_\_

Marital Status:  Married  Single  Divorced  Widowed  Separated

Race:  American Indian or Alaska Native  Asian  Black or African American  
 Native Hawaiian or other Pacific Island  Hispanic  Caucasian  Other  Decline to Answer

Ethnic Group (please specify, for example: Argentinean, Chilean, etc): \_\_\_\_\_

Primary Language:  Arabic  Chinese  English  French  German  Japanese  Russian  Spanish  
 Vietnamese  Other

Address: \_\_\_\_\_

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

Home Phone: \_\_\_\_\_ Mobile Phone: \_\_\_\_\_ Work Phone: \_\_\_\_\_

Responsible Party Name (if patient is a minor): \_\_\_\_\_

Relationship to Patient: \_\_\_\_\_ Phone: \_\_\_\_\_

Emergency Contact Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Do you have an Advanced Medical Directive and/or Living Will and Durable Power of Attorney?  Yes  No

Preferred Message/Contact Phone:  Phone  Secure Email  Patient Portal

Preferred Reminder Method:  Mobile Phone  Home Phone  Email  Patient Portal

Email Address: \_\_\_\_\_ I was referred by: \_\_\_\_\_

Primary Care Physician: \_\_\_\_\_ Phone: \_\_\_\_\_ Fax: \_\_\_\_\_

Names of any specialists you see (please provide phone and fax numbers if available): \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



**INSURANCE INFORMATION**

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Is this visit related to an injury of any kind?  Yes  No If yes, what is the initial date of injury? \_\_\_\_\_

Is this a Workers' Compensation related injury?  Yes  No If yes, list your insurance claim number: \_\_\_\_\_

Name of Workers' Compensation carrier and billing information: \_\_\_\_\_

Is this a motor vehicle accident related injury?  Yes  No

**Primary Insurance:** \_\_\_\_\_

Policy Holder: \_\_\_\_\_ Relationship to Patient: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Group ID: \_\_\_\_\_ Policyholder ID: \_\_\_\_\_

**Secondary Insurance:** \_\_\_\_\_

Policy Holder: \_\_\_\_\_ Relationship to Patient: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Group ID: \_\_\_\_\_ Policyholder ID: \_\_\_\_\_

**Consent for treatment and financial responsibility:**

I hereby consent to such treatment/procedures as may be rendered by Dr. Peine, Dr. Abraham, or Melissa Walsh. I authorize the release of any information necessary to process my claim and the direct payment of benefits to Peine Osteopathic Medicine. I understand that I may be charged for late appointments. I assume all financial responsibility for the balance of charges not included in the insurance coverage. I understand that Dr. Peine/Dr. Abraham/Melissa Walsh is not my primary care physician and that I will contact my primary care physician or dial 911 in the event of an emergency.

Signature: \_\_\_\_\_

(parent signature if patient is a minor)

Printed Name: \_\_\_\_\_ Date: \_\_\_\_\_



## PATIENT PORTAL AUTHORIZATION FORM

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Patient Name: \_\_\_\_\_

Responsible Party Name: \_\_\_\_\_

Personal Email Address: \_\_\_\_\_

(Please supply the personal email address of the person who will be using the Patient Portal)

### PURPOSE OF THIS FORM

The Patient Portal offers patients of Peine Osteopathic Medicine a secure way to view parts of their records and communicate with our staff. Secure messaging is a valuable communication tool for our practice, but it has certain limitations and guidelines. Please read this form thoroughly before signing.

### HOW THE PATIENT PORTAL WORKS

A secure web portal is a kind of webpage that uses encryption to keep unauthorized persons from reading communications, information or attachments. Secure messages and information can only be read by someone who knows the right password to log into the portal site. Once you are logged into the portal you will have access to only your records or those for whom you are legally responsible.

**VIA THE PATIENT PORTAL, YOU WILL BE ABLE TO:** Use the message function to communicate with our staff // Schedule, confirm, cancel, or reschedule an appointment // Communicate about billing questions // Request a referral or medication refill // View health summary information in your electronic chart and send staff requests to update information // View demographic/insurance information and send staff requests to update information // Print or save an electronic copy of the health summary using the Continuity of Care Record (CCR) format.

### HOW TO PARTICIPATE IN THE PATIENT PORTAL

Once this form is agreed to and signed, you will receive a user name and password via your personal email account. There is a link to the Patient Portal on our website: [www.peineosteopathic.com](http://www.peineosteopathic.com). You will be able to log in using the username and password provided.

### PROTECTING YOUR PRIVATE HEALTH INFORMATION AND RISKS

This method of communicating and viewing prevents unauthorized parties from being able to access or read messages while they are in transmission. However, keeping messages secure depends on two important factors: we need you to make sure we have your correct email address and you **MUST** inform us if it ever changes. We strongly suggest that you use a personal email account rather than a work email address as this information might be available to your employer. You need to keep unauthorized persons from learning your password. If you think someone has learned your password, you should promptly change it via the Patient Portal.

### CONDITIONS OF PARTICIPATING IN THE PATIENT PORTAL

We understand the importance of privacy with regard to your health care and will continue to protect the privacy of your medical information. Our use and disclosure of medical information is described in our Notice of Privacy Practices. Access to this secure web portal is an optional service and we may suspend or terminate it at any time for any reason. If we do, we will notify you as promptly as possible. As a user of the Patient Portal and by signing this form you agree to:

1. Not transmit any electronic information that violates the rights or privacy of any party.
2. Use the web portal in any way that would violate local, state, or federal laws.
3. Not transmit materials that are obscene, defamatory, abusive, slanderous, or otherwise likely to result in harm to others.
4. Intentionally distribute viruses code or take any other action that could compromise the security of our computer system.

Patient/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

## **LOW DOSE IMMUNOTHERAPY INFORMATION AND INFORMED CONSENT**

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Low Dose Immunotherapy (LDI) is a treatment for increasing immune “tolerance” of an overactive immune system. Allergy and autoimmunity represent an alteration or overactivation of appropriate immune tolerance. LDI retrains the immune system for specific antigens, thereby decreasing overactive immune response and decreasing symptoms.

This type of immunotherapy was discovered in Great Britain in the 1970s and called “Enzyme Potentiated Desensitization” (EPD). The technique utilized very small concentrations of antigens along with an enzyme, beta glucuronidase, which helps educate the T cells involved in the immune response. This treatment was brought to the US, but in the early 1990s the FDA stopped the importation of EPD. At this point, Dr. Shrader reproduced the mixtures of EPD and called them LDA. LDA originally used antigens causing certain allergies and the technique was later expanded by Dr. Vincent to treat various autoimmune conditions using a variety of different antigens, called LDI.

LDI is not approved by the Federal Drug Administration (FDA), just like vitamins and other herbal supplements. LDI is currently classified as experimental treatments and as such, we do not bill for antigen mixtures, only our time and supplies.

### **PROCEDURE**

Patients will first undergo a history and physical to determine if LDI is an appropriate therapeutic technique. Often lab work will be done prior to LDI therapy to help guide therapy. LDI doses are given by administering a small drop (less than 1 ml) of the antigen mixture under the tongue. Doses are typically repeated every 7 weeks, as needed, but “booster” doses can be given as soon as 1 week, based on response to the first dose. If you wish to pick up a dose of LDI, our office requires a 24-hour notification. We will not call to notify you when it is ready; you may simply come to the office and pick it up.

### **DOSE REPORTING**

For accurate dosing, please record the following information after your dose to report to Dr. Abraham or Melissa Walsh at your next visit or through the Patient Portal two weeks after dose.

1. LDI mixture and date administered
2. Change in symptoms from baseline symptoms and specific symptoms
3. Duration of symptom change

### **AVAILABLE ALTERNATIVES**

I am aware of various alternatives to treat my condition(s). Alternatives may include: pharmaceuticals to treat condition; vitamins and supplements to treat condition; dietary and lifestyle modifications to improve condition; interventional procedures such as IV therapy or steroid injections, or electing to do nothing to treat my condition.

*(continued)*



**LOW DOSE IMMUNOTHERAPY INFORMATION AND INFORMED CONSENT (CONTINUED)**

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**POTENTIAL RISKS (SIDE EFFECTS) AND BENEFITS**

There is a risk of a flare in your symptoms for 1 day or more after LDI treatment. Often, if a patient gets a flare of their symptoms with an LDI, the flare will become less with each subsequent treatment. If a patient experiences a flare with LDI, it means we have chosen the correct antigen, but the dose is too high (this is a good thing!!!). If a symptom flare becomes too much to handle, a course of Prednisone can be prescribed to alleviate symptoms.

You may benefit significantly from LDI treatments. Possible benefits include: total relief of your symptoms; partial relief of your symptoms, or reduction or elimination of previous medications used to treat your symptoms.

**PREGNANCY**

LDI is generally regarded as “safe” during pregnancy. However, LDI has not been extensively studied in pregnancy and so the effects on pregnancy are unknown. As such, it is your choice to continue LDI during pregnancy.

**COSTS**

LDI is not FDA approved and is not covered by medical insurance. Your provider visit can be billed to insurance; however, you will be required to pay for the cost of the LDI therapy received at the time of service. The cost for each dose is \$30. If you have requested an LDI be drawn by the office and you are picking it up, we require a credit card be on file that will automatically be charged once you make the request. We only ship outside of Ada County and will charge a \$7.35 shipping and handling fee.

**DISCONTINUATION OF TREATMENT**

I am free to discontinue treatment at any time, without prejudice, or when I feel I no longer require LDI therapy.

Signature: \_\_\_\_\_  
(parent signature if patient is a minor)

Printed Name: \_\_\_\_\_ Date: \_\_\_\_\_



## **INFORMED CONSENT REGARDING NUTRITIONAL SUPPLEMENT AND FUNCTIONAL MEDICINE LABORATORY TESTING**

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According to the Federal Food, Drug, and Cosmetic Act, as amended, Section 201(g)(1), the term drug is defined as an “article intended for use in the diagnosis, cure, mitigation, treatment, or prevention of disease.” Technically, vitamins, minerals, trace elements, amino acids, herbs, or homeopathic remedies are not classified as drugs. However, these substances can have significant effects on physiology and must be used rationally. In this office, we provide nutritional counseling and make individualized recommendations regarding use of these substances in order to upgrade the quality of foods in a patient’s diet and to supply nutrition to support the physiological and biomechanical processes of the human body. Although these products may also be suggested with a specific therapeutic purpose in mind, their use is chiefly designed to support given aspects of metabolic function. Use of nutritional supplements may be safely recommended for patients already using pharmaceutical medications (drugs), but some potentially harmful interactions may occur. For this reason, it is important to keep all of your healthcare providers fully informed about all medications and nutritional supplements, herbs, or hormones you may be taking.

**You are under no obligation to purchase nutritional supplements at our clinic.**

As a service to you, we make nutritional supplements available in our office. We purchase these products only from manufacturers who have gained our confidence through considerable research and experience. We determine quality by considering: (1) the quality of science behind the product; (2) the quality of the ingredients themselves; (3) the quality of the manufacturing process; and (4) the synergism among product components. The brands of supplements that we carry in our facility are those that meet our high standards and tend to produce predictable results.

While these supplements may come at a higher financial cost than those found on the shelves of pharmacies or health food stores, the value must also include assurance of their purity, quality, bioavailability (ability to be properly absorbed and utilized by the body), and effectiveness. The chief reason we make these products available is to ensure quality. You are not guaranteed the same level of quality when you purchase your supplements from the general marketplace. We are not suggesting that such products have no value; however, given the lack of stringent testing requirements for dietary supplements, product quality varies widely.

The purpose of functional medicine laboratory testing in our office is to evaluate nutritional, biochemical, or physiological imbalance and to determine any need for medical referral. These lab tests in our office are not intended to diagnose disease. This office utilizes conventional lab tests as well as functional medicine assessment.

Functional medicine assessment is designed to assist our doctors and other healthcare providers in finding the underlying causes of your condition. Functional medicine has evolved through the efforts of scientists and clinicians from the fields of clinical nutrition, molecular biology, biochemistry, physiology, conventional medicine, and a wide array of scientific disciplines. Functional medicine evaluates the body as a whole, with special attention to the relationship of one body system to another and the nutrient imbalances and toxic overload that may adversely affect these relationships.

Your medical physician may or may not agree with the necessity for—or our interpretation of—these tests. If you have any questions or concerns, please discuss them with our doctors.

**My signature acknowledges I have read and understand the above.**

Signature: \_\_\_\_\_ Date: \_\_\_\_\_



## PROVIDER NOTICE OF PRIVACY PRACTICES

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In accordance with federal law, this notice describes how medical information about you may be used and disclosed and how you can get access to this information. Please review it carefully.

### USES AND DISCLOSURES

We use health information about you for treatment, to obtain payment for treatment, for administrative purposes, and to evaluate the quality of care that you receive. Continuity of care is part of treatment and your records may be shared with other providers to whom you are referred. Information may be shared by paper mail, electronic mail, fax, or other methods. We may use or disclose identifiable health information about you with your authorization in several situations, but beyond those situations, we will ask for your written authorization before using or disclosing any identifiable health information about you.

### YOUR RIGHTS

In most cases, you have the right to look at or get a copy of health information about you. If you request copies, we will charge you only normal photocopy fees. You also have the right to receive a list of certain types of disclosures of your information that we made. If you believe that information in your record is incorrect, you have the right to request that we correct the existing information.

### OUR LEGAL DUTY

We are required by law to protect the privacy of your information, provide this notice about our information practices, follow the information practices that are described in this notice, and seek your acknowledgment of receipt of this notice. Before we make a significant change in our policies, we will change our notice and post the new notice in the waiting area.

### PATIENT RIGHTS

You can also request a copy of our notice at any time. For more information about our privacy practices, contact Peine Osteopathic Medicine PLLC. Complaints: If you are concerned that we have violated your privacy rights, or you disagree with a decision we made about access to your records, you may contact Peine Osteopathic Medicine, PLLC. You may also send a written complaint to the U.S. Department of Health and Human Services.

**I acknowledge I have read and understand the above Notice of Privacy Practices:**

Signature: \_\_\_\_\_

(parent signature if patient is a minor)

Printed Name: \_\_\_\_\_ Date: \_\_\_\_\_





**PATIENT AUTHORIZATION TO RELEASE PROTECTED HEALTH INFORMATION TO DESIGNATED REPRESENTATIVES**

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I, \_\_\_\_\_, give my authorization to release my protected health information, including results of my laboratory tests, x-ray, CT, and/or other relative information to the following designated representative(s):

**PATIENT INITIALS**

**DESIGNATED REPRESENTATIVES**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Spouse: \_\_\_\_\_  
Children: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
Other: \_\_\_\_\_  
May be left on my answering machine at home.  
May be left on my mobile phone voicemail.  
May not be given to anyone other than myself.

Signature: \_\_\_\_\_  
(parent signature if patient is a minor)

Printed Name: \_\_\_\_\_ Date: \_\_\_\_\_



## MEDICAL QUESTIONNAIRE

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Our ability to draw effective conclusions about your present state of health and how to improve it depends, to a significant extent, on your ability to respond thoughtfully and accurately to these written questions. Health issues are usually influenced by many factors. Accurately assessing all the factors and comprehensively managing them is the best way to deal with these health challenges. Your careful consideration of each of the following questions will enhance our efficiency and will provide for more effective use of your scheduled consultation time. These questions will help to identify underlying causes of illness and will help us formulate a treatment plan.

### COMPLAINTS/CONCERNS

What do you hope to achieve in your visit with us? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

When was the last time you felt healthy? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Did something trigger your change in health? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

What makes you feel worse? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

What makes you feel better? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

What is your current age? \_\_\_\_\_



**MEDICAL QUESTIONNAIRE (CONTINUED)**

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**ALLERGIES**  None

Please list any allergies to medications, supplements, or foods. Environmental allergies such as dust or pollen are unnecessary.

MEDICATION/FOOD/SUPPLEMENT	REACTION

**MEDICATIONS**  None

Please include non-prescription medications.

MEDICATION NAME	DATE STARTED	DOSAGE/FREQUENCY TAKEN

**NUTRITIONAL SUPPLEMENTS**  None

List all vitamins, minerals, and other nutritional supplements that you are taking now. Indicate dosage in mg or IU and the form (e.g., calcium carbonate vs. calcium lactate) when possible.

SUPPLEMENT NAME	DATE STARTED	DOSAGE/FREQUENCY TAKEN

**MEDICAL HISTORY**

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Please carefully review the following list and indicate any conditions that apply to you: in the **past (mark with a P)** or if it is an issue for you **currently (mark with a C)**. Please record any other pertinent information in the comments section, and feel free to attach any documents, lab results, notes, etc. that are relevant.

DISEASE CONDITION	P=PAST C=CURRENT	DATES/DETAILS
<b>Gastrointestinal</b>		
Crohn's Disease or Ulcerative Colitis		
Gallstones		
Irritable Bowel Syndrome		
Ulcers		
Reflux/Heartburn		
Celiac Disease		
Chronic Constipation		
Other		
<b>Cardiovascular</b>		
Heart Attack/Angina		
Congestive Heart Failure		
Stroke		
Arrhythmia/Irregular Heart Beat		
High Cholesterol/Triglycerides		
High Blood Pressure (Hypertension)		
Heart Valve Disease/Rheumatic Fever		
Blood Clots		
Other		
<b>Metabolic/Endocrine</b>		
Diabetes (specify borderline, type 1 or type 2)		
Low or High Thyroid		
Low Blood Sugars (Hypoglycemia)		
Polycystic Ovary Syndrome (PCOS)		
Infertility		
Unexplained Weight Gain		
Unexplained Weigh Loss		
Eating Disorder (please specify type)		
Other		

**MEDICAL HISTORY (CONTINUED)**

DISEASE CONDITION	P=PAST C=CURRENT	DATES/DETAILS
<b>Cancer—please enter type(s) below:</b>		
Type:		
Type:		
<b>Genital/Urinary</b>		
Kidney Stones		
Recurrent Urinary Tract Infections (UTI)		
Recurrent Yeast Infections		
Gout		
Enlarged Prostate		
Sexual or Erectile Dysfunction		
Renal Failure		
Endometriosis/Menstrual Problems		
Other		
<b>Musculoskeletal/Pain</b>		
Osteoarthritis		
Chronic Pain (please specify area)		
Spinal Disc Degeneration		
Fracture (please specify bone)		
Thinning of the Bones (Osteoporosis/-penia)		
Shoulder Injury		
Knee Injury		
Other Joint Injury		
Carpal Tunnel Syndrome		
Other		
<b>Inflammation/Autoimmune</b>		
Fibromyalgia		
Rheumatoid Arthritis		
Chronic Fatigue Syndrome		
Lupus		
Immune Deficiency Disease (HIV)		
Frequent Infections (please describe)		
Environmental Allergies		

**MEDICAL HISTORY (CONTINUED)**

DISEASE CONDITION	P=PAST C=CURRENT	DATES/DETAILS
<b>Inflammation/Autoimmune</b>		
Food Allergies/Sensitivities		
Chemical Sensitivities		
Other		
<b>Respiratory/Pulmonary</b>		
Asthma		
Emphysema		
Chronic/Recurrent Sinusitis		
Chronic/Recurrent Bronchitis		
Sleep Apnea		
Pneumonia		
Other		
<b>Skin Diseases</b>		
Eczema		
Psoriasis		
Acne		
Skin Cancer (please specify type)		
Other		
<b>Neurological</b>		
Autism		
Tension Headaches		
Migraine Headaches		
Parkinson's Disease		
Multiple Sclerosis		
Seizure Disorder		
Dementia/Alzheimer's Disease		
Stroke/Transient Ischemic Attack		
Peripheral Neuropathy		
Other		
<b>Injuries</b>		
Back Injury (please describe)		
Neck Injury (please describe)		

**MEDICAL HISTORY (CONTINUED)**

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DISEASE CONDITION	P=PAST C=CURRENT	DATES/DETAILS
<b>Injuries</b>		
Head Injury (please describe)		
Other		
Other		
Other		
<b>Hematologic</b>		
Anemia		
Other		

**SURGERIES/MEDICAL PROCEDURES**     None

Please list the dates and types of surgery or medical procedures you have undergone.

DATE	TYPE OF SURGERY OR MEDICAL PROCEDURE

**COMMENTS/OTHER IMPORTANT INFORMATION:**

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**MEDICAL HISTORY (CONTINUED)**

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**FAMILY HISTORY**

Please indicate family members with any of the following conditions. Please specify your relationship using the following key:

mother = M	paternal grandfather = PGF	maternal grandmother = MGM	maternal uncle = MU
father = F	paternal grandmother = PGM	paternal uncle = PU	maternal aunt = MA
brother = B	maternal grandfather = MGF	paternal aunt = PA	cousin = C
sister = S			

CONDITION	RELATIONSHIP	NOTES
Alcoholism		
Anxiety		
Asthma		
Enlarged Prostate		
Breast Cancer		
Stroke		
Colon Cancer		
Coronary Artery Disease		
Depression		
Diabetes, Type 2		
High Cholesterol		
High Blood Pressure		
Low Thyroid		
Heart Attack		
Osteoarthritis		
Ovarian Cancer		
Prostate Cancer		
Other		
Other		
Other		



**MEDICAL HISTORY (CONTINUED)**

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**PSYCHOSOCIAL/STRESS HISTORY**

Occupation: \_\_\_\_\_

Marital Status:  Married  Single  Divorced  Gay/Lesbian  Long-term Partnership  Widowed  Separated

Number of children: \_\_\_\_\_ Who lives in your household? \_\_\_\_\_

Hobbies and leisure activities: \_\_\_\_\_

Do you drink alcohol?  Yes  No

If yes, how often do you drink alcohol? \_\_\_\_\_ # of drinks per week: \_\_\_\_\_ # of drinks per day: \_\_\_\_\_

Have you ever had a problem with drugs or alcohol?  Yes  No

If yes, please indicate time period (month/year): from \_\_\_\_\_ to \_\_\_\_\_

Have you ever used recreational drugs?  Yes  No

Have you ever used tobacco?  Yes  No

If yes, number of years as a nicotine user: \_\_\_\_\_ Amount per day: \_\_\_\_\_ Year quit: \_\_\_\_\_

What kind of nicotine have you used?  Cigarette  Smokeless  Cigar  Pipe  Vape  Patch/Gum

Are you exposed to secondhand smoke regularly?  Yes  No

Do you have trouble sleeping?  Yes  No

Do you have trouble falling asleep?  Yes  No

Do you require medication or alcohol to fall asleep?  Yes  No

Do you have trouble staying asleep?  Yes  No Estimated number of awakenings per night: \_\_\_\_\_

Are you sensitive to bright lights, loud noises, or strong odors?  Yes  No

Do you feel overwhelmed easily?  Yes  No

Do you feel worse at certain times of the year?  Yes  No

If yes, when?  Spring  Summer  Fall  Winter

Do you feel significantly less vital than you did a year ago?  Yes  No

Are you happy?  Yes  No

Do you believe stress is presently reducing the quality of your life?  Yes  No

Do you feel you have an excessive amount of stress in your life?  Yes  No

What are the sources of your stress? \_\_\_\_\_

How do you deal with your stress? \_\_\_\_\_

**MEDICAL HISTORY (CONTINUED)**

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**PSYCHOSOCIAL/STRESS HISTORY**

Have you ever been abused, a victim of crime, or experienced a significant trauma?  Yes  No

Have you ever had psychotherapy or counseling?  Yes  No

Currently  Previously If previously, from \_\_\_\_\_ to \_\_\_\_\_

Comments: \_\_\_\_\_

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**MENTAL HEALTH HISTORY**

Please indicate if you suffer from or have been diagnosed with any of the following:

CONDITION	P=PAST C=CURRENT	DATES/DETAILS
Feeling depressed		
Diagnosed with Depression		
Mania/Bipolar Disorder		
Feeling anxious		
Diagnosed with Generalized Anxiety Disorder		
Insomnia		
Attention Deficit Disorder (ADD)		
Attention Deficit/Hyperactivity Disorder (ADHD)		
Obsessive-Compulsive Disorder		
Personality Disorder (please specify)		
Schizophrenia		
Other (please specify)		

Have you ever been hospitalized for any of the above?  Yes  No

**COMMENTS/OTHER IMPORTANT INFORMATION:**

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## MEDICAL SYMPTOMS

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Name: \_\_\_\_\_ Date: \_\_\_\_\_

Please rate each of the following symptoms based upon your typical health profile since your last appointment using the point scale to the right:



### POINT SCALE

- 0 = Never or almost never have the symptom
- 1 = Occasionally have it, effect is **not** severe
- 2 = Occasionally have it, effect is **severe**
- 3 = Frequently have it, effect is **not** severe
- 4 = Frequently have it, effect is **severe**

#### GENERAL

\_\_\_\_\_ Chills  
 \_\_\_\_\_ Fatigue  
 \_\_\_\_\_ Fever  
 \_\_\_\_\_ Night sweats  
 \_\_\_\_\_ Weight gain  
 \_\_\_\_\_ Weight loss

Total \_\_\_\_\_

#### EYES

\_\_\_\_\_ Blurred vision (not near- or far-sightedness)  
 \_\_\_\_\_ Eye drainage

Total \_\_\_\_\_

#### EARS

\_\_\_\_\_ Ear pain  
 \_\_\_\_\_ Ringing in ears  
 \_\_\_\_\_ Hearing loss  
 \_\_\_\_\_ Itchy ears

Total \_\_\_\_\_

#### NOSE

\_\_\_\_\_ Stuffy nose/nasal congestion  
 \_\_\_\_\_ Runny nose  
 \_\_\_\_\_ Seasonal allergies  
 \_\_\_\_\_ Excessive mucus formation

Total \_\_\_\_\_

#### MOUTH/THROAT

\_\_\_\_\_ Sore throat  
 \_\_\_\_\_ Hoarseness  
 \_\_\_\_\_ Swollen or discolored tongue, gums, or lips  
 \_\_\_\_\_ Canker sores

Total \_\_\_\_\_

#### HEART

\_\_\_\_\_ Chest pain  
 \_\_\_\_\_ Irregular or skipped heartbeat (palpitations)  
 \_\_\_\_\_ Rapid or pounding heart (tachycardia)  
 \_\_\_\_\_ Swelling of legs, ankles, or feet

Total \_\_\_\_\_

#### LUNGS

\_\_\_\_\_ Chronic cough  
 \_\_\_\_\_ Shortness of breath  
 \_\_\_\_\_ Difficulty breathing/wheezing

Total \_\_\_\_\_

#### GENITOURINARY

\_\_\_\_\_ Genital itching or discharge  
 \_\_\_\_\_ Frequent or urgent urination

Total \_\_\_\_\_

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**POINT SCALE**

- 0 = Never or almost never have the symptom  
 1 = Occasionally have it, effect is **not** severe  
 2 = Occasionally have it, effect is **severe**  
 3 = Frequently have it, effect is **not** severe  
 4 = Frequently have it, effect is **severe**

**MEDICAL SYMPTOMS (CONTINUED)**

**DIGESTIVE TRACT** \_\_\_\_\_ Nausea  
 \_\_\_\_\_ Vomiting  
 \_\_\_\_\_ Diarrhea  
 \_\_\_\_\_ Constipation  
 \_\_\_\_\_ Bloating feeling  
 \_\_\_\_\_ Belching or passing gas  
 \_\_\_\_\_ Heartburn  
 \_\_\_\_\_ Intestinal/stomach pain  
 Total \_\_\_\_\_

**JOINTS/MUSCLE** \_\_\_\_\_ Joint pain  
 \_\_\_\_\_ Joint stiffness or limitation of movement  
 \_\_\_\_\_ Pains or aches in muscles  
 \_\_\_\_\_ Back pain  
 \_\_\_\_\_ Neck pain  
 Total \_\_\_\_\_

**SKIN** \_\_\_\_\_ Acne  
 \_\_\_\_\_ Dry skin  
 \_\_\_\_\_ Rashes  
 Total \_\_\_\_\_

**NEUROLOGICAL** \_\_\_\_\_ Headaches  
 \_\_\_\_\_ Fainting  
 \_\_\_\_\_ Memory loss  
 \_\_\_\_\_ Vertigo  
 \_\_\_\_\_ Dizziness  
 \_\_\_\_\_ Numbness  
 \_\_\_\_\_ Weakness  
 Total \_\_\_\_\_

**ENDOCRINE** \_\_\_\_\_ Hair loss  
 \_\_\_\_\_ Heat or cold intolerance  
 \_\_\_\_\_ Flushing or hot flashes  
 \_\_\_\_\_ Excessive sweating  
 Total \_\_\_\_\_

**HEMATOLOGIC** \_\_\_\_\_ Easy bruising/excessive bleeding  
 \_\_\_\_\_ Swollen lymph nodes  
 Total \_\_\_\_\_

**IMMUNOLOGY** \_\_\_\_\_ Frequent illness  
 Total \_\_\_\_\_

**MIND** \_\_\_\_\_ Anxiety  
 \_\_\_\_\_ Depression  
 \_\_\_\_\_ Hyperactivity  
 \_\_\_\_\_ Loss of interest in pleasurable activities  
 \_\_\_\_\_ Feeling stressed  
 \_\_\_\_\_ Mood swings  
 \_\_\_\_\_ Poor concentration  
 \_\_\_\_\_ Insomnia/sleep disturbance  
 \_\_\_\_\_ Irritability  
 Total \_\_\_\_\_

**GRAND TOTAL** \_\_\_\_\_