



Are you currently receiving health care? Y N  
If yes, please list your current providers: \_\_\_\_\_

If no, when and where did you last receive medical care? \_\_\_\_\_

Are you aware of any allergies to food, drugs, or other environmental allergens (cats, mold, dust)? If yes, please list and explain: \_\_\_\_\_

How did you hear about our clinic? \_\_\_\_\_

May we thank the person who referred you? \_\_\_\_\_

### SELF & FAMILY HISTORY

What is/are the main goals for your visit to our clinic today?  
\_\_\_\_\_  
\_\_\_\_\_

What are your most important health problems? List as many as you can in order of importance.

- 1) \_\_\_\_\_ This began \_\_\_\_\_
- 2) \_\_\_\_\_ This began \_\_\_\_\_
- 3) \_\_\_\_\_ This began \_\_\_\_\_
- 4) \_\_\_\_\_ This began \_\_\_\_\_
- 5) \_\_\_\_\_ This began \_\_\_\_\_
- 6) \_\_\_\_\_ This began \_\_\_\_\_

What hospitalizations or surgeries have you had? \_\_\_\_\_

Please list any recent labwork with any abnormal results? \_\_\_\_\_

- What diagnostic imaging studies have you had?  Bone density scan  Mammogram  
 Electrocardiogram  Electroencephalogram  X-rays  CT scan  MRI  
 Ultrasound  Colonoscopy/Sigmoidoscopy  Other

### Medications and/or Supplements

Do you take or use any of the following?

- Pain relievers (aspirin, ibuprofen)  Sleeping Pills  Tranquilizers
- Diet pills, appetite suppressants  Antibiotics  Laxatives
- Cortisone (cream or pills)  Thyroid medication  Antacids

Please list any prescription medications, over-the-counter medications, vitamins, or other supplements you are taking with dosages and brand names if possible:

- 1. \_\_\_\_\_ 2. \_\_\_\_\_
- 3. \_\_\_\_\_ 4. \_\_\_\_\_
- 5. \_\_\_\_\_ 6. \_\_\_\_\_
- 7. \_\_\_\_\_ 8. \_\_\_\_\_

### Family History

Please list any major illnesses or disease for your first degree relatives: Mother, Father, Brother, Sister or Children, along with age of diagnosis or death.

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**General Questions** (Please circle all that apply)

**Digestive issues:** acid regurgitation, heartburn, gas, bloating, abdominal pain, food sensitivities, other \_\_\_\_\_

**Appetite:** strong, weak, food cravings (please list) \_\_\_\_\_ ,  
foods you avoid \_\_\_\_\_

**Stools:** loose stools, diarrhea, hard stools, constipation, burning, undigested food, other \_\_\_\_\_

**Urinary:** pain on urination, increased frequency, frequency at night, difficult to hold urine, difficult to start urination, burning with urination, kidney stones

**Taste:** do you often have a strange taste in your mouth? If so, please describe \_\_\_\_\_

**Thirst:** very thirsty, average thirst, rarely thirsty, prefer hot drinks, prefer cold drinks, prefer room temperature

What beverages and how much do you drink each day? \_\_\_\_\_

**Temperature:** usually feel warm, usually feel cold, hot flashes, night sweats, excessive sweating, no sweating

**Energy:** How energetic do you feel on a scale of 1 (very low) to 10 (very high)? \_\_\_\_\_

When do you have the most energy? \_\_\_\_\_ The least energy? \_\_\_\_\_

**Sleep:** like a log, difficulty getting to sleep, difficulty staying asleep, lots of dreams, vivid dreams, wake refreshed, wake groggy

When do you go to sleep? \_\_\_\_\_ When do you wake up? \_\_\_\_\_

**Chest:** shortness of breath, allergies, cough, wheezing, fluttering sensation in heart, chest pain  
other \_\_\_\_\_

**Headaches:** do you get headaches? \_\_\_\_\_ which part of the head? \_\_\_\_\_

are there triggers for your headaches? \_\_\_\_\_ do you become nauseous or sensitive to light? \_\_\_\_\_

**Eyes:** blurry vision, dry eyes, red eyes, eye pain, glaucoma, other \_\_\_\_\_

**Nose:** runny nose, post-nasal drip, sinus pressure/pain, allergies, nosebleeds, nasal polyps  
other \_\_\_\_\_

**Ears:** difficulty hearing, infections, high-pitched ringing, low-pitched ringing, dizziness,  
other \_\_\_\_\_

**Mouth/throat:** bleeding gums, cavities, tooth infections, difficulty swallowing, sore throat

other \_\_\_\_\_

**Skin:** rashes, dry skin, oily skin, easy bruising, other \_\_\_\_\_

**Mental/Emotional:** anxious, depressed mood, stressed, angry, forgetful, cheerful,  
other \_\_\_\_\_

**For women:**

Age at first menses: \_\_\_\_\_ # of days of bleeding \_\_\_\_\_ Length of cycle \_\_\_\_\_

Menses (circle all that apply): painful before, painful during, heavy, light, dark red blood,  
bright red blood, pink blood, other \_\_\_\_\_

Are you currently pregnant? yes, no, unsure

Indicate number of occurrences:

live births \_\_\_\_\_ pregnancies \_\_\_\_\_ miscarriages \_\_\_\_\_ abortions \_\_\_\_\_

Sexually active? \_\_\_\_\_ with (circle) men, women. Birth control method (if applicable) \_\_\_\_\_

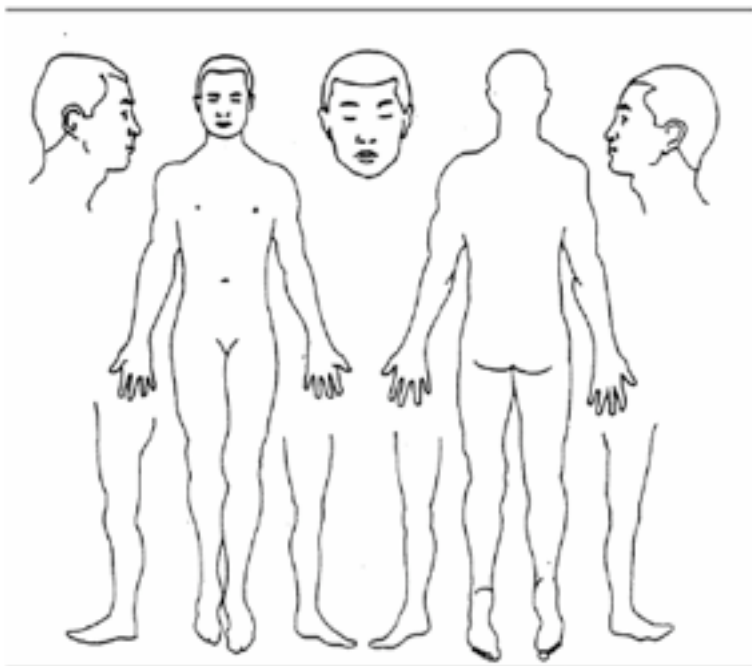
Are you still menstruating? \_\_\_\_\_ If not, how old were you when your menses stopped? \_\_\_\_\_

Do you do self breast exams? \_\_\_\_\_

**For men:** (circle any that apply) testicular masses, testicular pain, erectile dysfunction, premature  
ejaculation, other \_\_\_\_\_

Sexually active? \_\_\_\_\_ with (circle) men, women. Birth control method (if applicable) \_\_\_\_\_

**Musculoskeletal:**



Are you experiencing  
pain/discomfort in any area of  
your body? Y / N

If yes, using the models to the  
left, please indicate the location of  
the discomfort by using the  
symbol that best describes the  
feeling:

- X X X Sharp/stabbing
- P P P Pins & Needles
- D D D Dull/Aching
- N N N Numbness

*Thank you for taking the time to fill out this questionnaire. I look forward to working with you!*

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CONSENT TO TREATMENT

I, the undersigned, understand that methods of treatment used in this practice may include, but are not limited to, acupuncture, moxibustion, cupping, electrical stimulation, herbal therapy, massage, Qi Gong, nutritional counseling, homeopathy, and hydrotherapy.

I understand that acupuncture, moxibustion, electrical stimulation, cupping and pricking are all safe methods of treatment. Potential risks include temporary bruising, swelling, bleeding, numbness and tingling, and soreness at the needling site that may last a few days. Unusual risks of acupuncture include dizziness, fainting or nerve damage. Infection is possible, although the clinic uses alcohol and sterile disposable needles and maintains a safe and clean environment. Potential risks of moxibustion health therapy are burns, blistering, or scarring. Temporary bruising or redness lasting a few days is a common side effect of cupping and gua sha, or spooning. I fully understand that there is no implied or stated guarantee of success or effectiveness of a specific treatment or series of treatments.

I will notify the practitioner should I become pregnant or if I am in the process of trying to get pregnant so that my practitioner can avoid points and herbs that could induce miscarriage. Otherwise, naturopathic and Chinese medicine treatment can be very beneficial in the pregnancy and birthing process.

I understand that herbal and nutritional supplements recommended to me by my practitioner are safe in the recommended doses. Large doses of herbs taken without my practitioner's recommendation may be toxic, and some herbs are inappropriate during pregnancy. Some possible side effects of herbs are nausea, gas, stomachache, vomiting, headache, diarrhea, rashes, hives and tingling of the tongue. I understand that I must stop taking any herbs and notify my acupuncturist as soon as I experience any discomfort or adverse reactions.

I understand that my practitioner may review my medical records and lab reports, but all my records will be kept confidential. If it becomes necessary to share my health information, this will be handled in accordance with the stipulations detailed in the Notice of Privacy Practices document that has been provided to me, and of which I have acknowledged receipt.

I understand that I can discuss risks and benefits further with my practitioner before signing if I so choose. However, I do not expect my practitioner to be able to anticipate and explain all possible risks and complications of treatment. I rely on the practitioner to exercise his or her judgment in my best interest during the course of treatment, based upon the facts then known.

I recognize that scheduling an appointment involves the reservation of time specifically for me, and that consequently, a minimum of 24 hours notice is required to reschedule or cancel an appointment. Unless otherwise agreed to in advance, a \$30 fee will be charged for sessions missed without such advance notification. I understand that most insurance companies do not reimburse for missed sessions.

In signing this form, I acknowledge any inherent risks, and give my consent for treatment, payment and healthcare operations received, incurred or carried out at this practice.

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Patient Signature

Date

**ACKNOWLEDGEMENT OF RECEIPT OF NOTICE OF PRIVACY PRACTICES**

This notice summarizes how health data about you may be used and shared and how you can get access to this data. IMPORTANT NOTE: This does not include all of the details about our privacy policy. For more details, please read the NOTICE OF PRIVACY PRACTICES that your practitioner has provided you.

I. How we may use and share health data about you:

- a) Treatment - To give you medical treatment or other types of health services.
- b) Payment - To bill you or a third party for payment for services provided to you.
- c) Health Care Operations - For our own operations such as quality control, compliance monitoring, audit, etc.

II. Disclosures where we do not have to give you a chance to agree or object:

- a) To you
- b) As required by federal, state, or local law
- c) If child abuse or neglect is suspected
- d) Public health risks (for public health activities to prevent and control spread of disease)
- e) Lawsuits and disputes (in response to a court or administrative order)
- f) Law enforcement (to help law enforcement officials respond to criminal activities)
- g) Coroners, medical examiners and funeral directors
- h) Organ or tissue donation facilities if you are an organ donor
- i) To avert a threat to an individual or to public health safety

III. Disclosures where we have to give you a chance to agree or object:

- a) Patient directories - You can decide what health data, if any, you want to be listed in patient directories.
- b) Persons involved in your care or payment for your care - We may share your health data with a family member, a close friend, or other person that you have named as being involved with your health care.

IV. Other uses of health data: Other uses not covered by this notice or the laws that apply to us will be made only with your written consent.

V. You have the following rights relating to the health data we keep about you:

- a) Right to inspect your health record and to receive a copy of your health record upon request
- b) Right to amend information in your health record you believe is inaccurate or incomplete
- c) Right to know to whom we have disclosed your health information
- d) Right to ask for limits on the health information data we give out about you
- e) Right to receive communication from us about your health information in alternate ways
- f) Right to a paper copy of the complete Notice of Privacy Practices

I acknowledge that I have received the NOTICE OF PRIVACY PRACTICES of this practice.

\_\_\_\_\_  
Signature of patient or representative

\_\_\_\_\_  
Date

\_\_\_\_\_  
Print patient name

\_\_\_\_\_  
Patient Birth Date