

# Optimum Health Chiropractic

## PATIENT INTAKE FORM (PLEASE PRINT)

Last Name \_\_\_\_\_ First Name \_\_\_\_\_ Mid Initial \_\_\_\_\_ D.O.B. / / \_\_\_\_\_ Age \_\_\_\_\_ M / F

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_

Phone (cell) \_\_\_\_\_ home \_\_\_\_\_ work \_\_\_\_\_ SSN \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_

Marital Status: \_\_\_\_\_ Occupation \_\_\_\_\_ Insurance? Y / N Insurance Co. \_\_\_\_\_ Policy # \_\_\_\_\_

*If insured, an insurance card will be required on the first visit so our office can verify your benefit eligibility on your behalf*

If Under 18 - Name of Guardian \_\_\_\_\_ Relationship to patient \_\_\_\_\_

Contact Phone (h) \_\_\_\_\_ (w) \_\_\_\_\_ (mobile) \_\_\_\_\_

Email \_\_\_\_\_  Work Accident/Injury  Auto Accident  Other  Wellness Evaluation

How did you hear about us?  Website  Workshop  Flyer/Ad  Referral....Whom can we thank for referring you to us? \_\_\_\_\_

### SUBJECTIVE (PLEASE FILL OUT COMPLETELY)

Reason For Today's Visit \_\_\_\_\_

My Complaint is best described as:  Pain  Muscle Spasm  Swelling  Numbness  
 Headaches

WHEN did you first notice your condition? \_\_\_\_\_ or  Not Sure

The QUALITY of my main complaint is BEST described as:

Sharp  Dull  Aching  Throbbing  Crushing  Stabbing  Local  Radiating

My headaches, if any, are best described as:

Migraine  Tension  Hormonal  Sinus  Organic

I experience my complaint:

Constantly  Frequent  Intermittent  Occasional  Infrequent

Please rate the Severity of each complaint you present with today (Please circle) ....

(0 = No Pain....10 = Extreme Pain)

1. \_\_\_\_\_ 0 1 2 3 4 5 6 7 8 9 10
2. \_\_\_\_\_ 0 1 2 3 4 5 6 7 8 9 10
3. \_\_\_\_\_ 0 1 2 3 4 5 6 7 8 9 10
4. \_\_\_\_\_ 0 1 2 3 4 5 6 7 8 9 10

Describe what makes your condition feel better? (heat? Ice? Rest? Sleep/Standing Positions) \_\_\_\_\_

Have you had this condition before?  Y  N If yes, When? \_\_\_\_\_

What doctors have you seen for this condition? \_\_\_\_\_

What did they do? \_\_\_\_\_

When was your last visit to a chiropractor? \_\_\_\_\_

Name Of Chiropractor \_\_\_\_\_

What is/are your health goal(s)? \_\_\_\_\_

How do you expect to achieve these goals? \_\_\_\_\_

List ALL previous Surgeries: \_\_\_\_\_

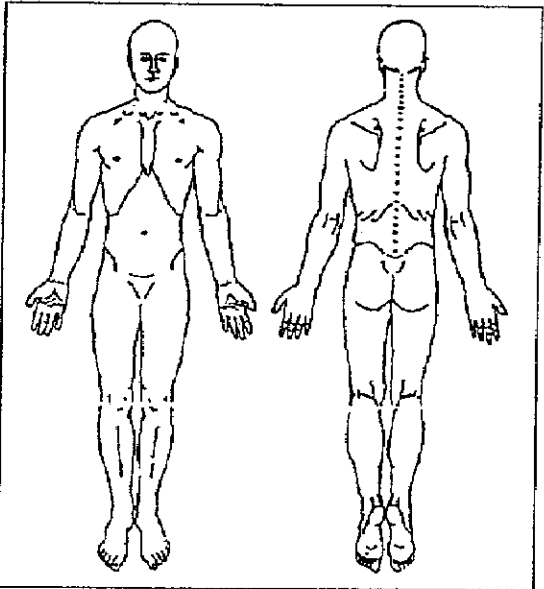
List ALL Drugs/Meds you currently use (prescription and over-the-counter): \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

List Any Vitamins/Supplements you are currently using \_\_\_\_\_

\_\_\_\_\_



Using the body chart above, indicate the region(s) of your complaint using the following symbols:

Ache x x x x x	Burning / / / / /
Pins & Needles o o o o o	Stabbing + + + +
Throbbing = = = =	Other - - - - -

### ADDITIONAL NOTES (To be completed by Evaluating Physician)

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## SUPPLEMENTAL HEALTH HISTORY

Please mark the appropriate box for any current [✓] or previous [✗] health conditions

### Musculoskeletal

- Auto Accidents
- \_\_\_ 0-1 years ago
- \_\_\_ 1-5 years ago
- \_\_\_ More than 5
- Fractured Bones
- Pain/Stiff Neck R / L
- Upper Back Pain/Stiffness
- Mid Back Pain/Stiffness
- Numbness, Tingling or Pain in
- Numbness/Tingling/Pain
- Arms/Hands/Fingers R or L
- Swollen/Painful Joints
- Difficulty in Excessive
- Standing, Walking, Bending, Riding,
- Twisting, Lifting, Household Duties
- Other Accidents/Falls
- Back Curvature
- Low Back
- Shoulder Pain R / L
- Arthritis

- Jaw Pain/TMJ R / L
- Foot Trouble R / L
- Hip Pain R / L

### Neurological

- Convulsions/Epilepsy
- Learning Disability
- Loss of Balance
- Dizziness
- Ringing in Ears R / L
- Trouble Concentrating
- Irritable
- Fainting
- Hearing Lost R / L
- Tremors
- Double Vision R / L
- Trouble Sleeping
- Blurred Vision R / L
- Mood Changes
- Headache
- Pain with cough, sneeze

- Depressed
- Eating Disorders

### Digestive

- Diarrhea/Constipation
- Heartburn
- Colon Trouble
- Gall Bladder Trouble
- Diabetes
- Ulcers
- Hemorrhoids

### Immune

- Frequent Colds/flu
- Difficulty Breathing
- Asthma
- Ear Infection
- Allergies
- Cancer
- AIDS/HIV

### Other Systems

- Kidney Trouble
- Chest Pain
- Lung Problems
- Heart Problems
- Liver Trouble
- High/Low Blood Pressure
- Head/Shoulders Feel Tired
- Stroke
- Anemia
- Prostate Problems
- Impotence
- Skin Problems
- Thyroid Problems
- Varicose Veins
- Bed Wetting
- Menopausal Problems
- Menstrual Problems/PMS
- Pregnant (now)

### EXERCISE

- None
  - Moderate
  - Daily
  - Heavy
- Types Of Exercise: \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### WORK ACTIVITY

- Sitting
- Standing
- Light Labor
- Heavy Labor

### HABITS

- Smoking
  - Alcohol
  - Coffee/Caffeine
  - High Stress Level
- Packs/Day \_\_\_\_\_
- Dinks/week \_\_\_\_\_
- Cups/Day \_\_\_\_\_
- Reason \_\_\_\_\_

### ACTIVITIES OF DAILY LIVING

ACTIVITY	No Pain	Mild Pain	Tolerable Pain	Moderate Pain	Severe Pain	Disabling / Pain
Walking	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sitting	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Bending	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Standing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sleeping	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Lifting	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Running/Jogging	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Climbing Stairs	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Carrying	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Pushing/Pulling	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Driving	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Dressing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Reading	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Watching TV	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Household Chore	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Gardening	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sports	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Employment	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Dancing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sitting to Standing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Rolling Over	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

*The above information is true and accurate to the best of my knowledge. I clearly understand and agree that all services rendered to me may be charged directly to me and that I am directly responsible for payment*

Patient or Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

# Optimum Health Chiropractic

## Consent for Purposes of Treatment, Payment & Healthcare Operations

In this document, "I" and "my" refer to the patient, and "Chiropractor" refers to [insert name of chiropractic practice].

I consent to the use or disclosure of my protected health information by Chiropractor for the purpose of analyzing, diagnosing or providing treatment to me, obtaining payment for my health care bills or to conduct health care operations of Chiropractor. I understand that analysis, diagnosis or treatment of me by Chiropractor may be conditioned upon my consent as evidenced by my signature below.

I understand I have the right to request a restriction as to how my protected health information is used or disclosed to carry out treatment, payment or healthcare operations of the practice. Chiropractor is not required to agree to the restrictions that I may request. However, if Chiropractor agrees to a restriction that I request, the restriction is binding on Chiropractor. I have the right to revoke this consent, in writing, at any time, except to the extent that Chiropractor has taken action in reliance on this Consent.

My "protected health information" means health information, including my demographic information, collected from me and created or received by my physician, another health care provider, a health plan, my employer or a health care clearinghouse. This protected health information relates to my past, present or future physical or mental health or condition and identifies me, or there is a reasonable basis to believe the information may identify me.

I have been provided with a copy of the Notice of Privacy Practices of Chiropractor and understand that I have a right that Notice 's Notice of Privacy Practices prior to signing this document. The Notice of Privacy Practices describes the types of uses and disclosures of my protected health information that will occur in my treatment, payment of my bills or in the performance of health care operations of Chiropractor. The Notice of Privacy Practices for Chiropractor is also posted in the waiting room at [insert address of Chiropractic practice]. This Notice of Privacy Practices also describes my rights and duties of the Chiropractor with respect to my protected health information.

Chiropractor reserves the right to change the privacy practices that are described in the Notice of Privacy Practices. I may obtain a revised notice of privacy practices by calling the office of Chiropractor and requesting a revised copy be sent in the mail or asking for one at the time of my next appointment.

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Signature of Patient or Personal Representative

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Printed Name of Patient

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Date of Signing

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Description of Personal Representative's Authority

# Optimum Health Chiropractic

## Authorization for Use or Disclosure of Information for Purposes Requested by Chiropractor

In this document, "I" and "my" refer to the patient,  
and "Chiropractor" refers to [insert name of chiropractic practice].

I hereby authorize Chiropractor to (check those that apply):

\_\_\_\_\_ use the following protected health information, and/or

\_\_\_\_\_ disclose the following protected health information to the following entity:

Information to be used or disclosed:

Date of service: \_\_\_\_\_

Type of service: \_\_\_\_\_

Level of detail to be released: \_\_\_\_\_

Origin of information: \_\_\_\_\_

This protected health information is being used or disclosed for the following purposes:

This authorization shall be in force and effect until \_\_\_\_\_,  
at which time this authorization to use or disclose this protected health information expires.

I understand that I have the right to revoke this authorization, in writing, at any time by sending such written notification to the Privacy Officer of the Chiropractor, at [insert office address of Chiropractor]. I understand that a revocation is not effective to the extent that Chiropractor has relied on the use or disclosure of the protected health information. I understand that information used or disclosed pursuant to this authorization may be subject to re-disclosure by the recipient and may no longer be protected by federal or state law.

Chiropractor will not condition my treatment, payment, enrollment in a health plan, or eligibility for benefits (if applicable) on whether I provide authorization for the requested use or disclosure.

I understand that I have the right to inspect or copy the protected health information to be used or disclosed as permitted under federal law (or state law to the extent the state law provides greater access rights) and/or to refuse to sign this authorization. I understand that the use or disclosure requested under this authorization may result in direct or indirect remuneration to Chiropractor from a third party. [Delete last sentence if inapplicable.]

\_\_\_\_\_  
Signature of Patient or Personal Representative

\_\_\_\_\_  
Printed Name of Patient

\_\_\_\_\_  
Date of Signing

\_\_\_\_\_  
Description of Personal Representative's Authority

## Optimum Health Chiropractic

### Notice of Privacy Practices

This notice describes how health information about you may be used and disclosed and how you can get access to this information. It is effective April 14, 2003, and applies to all protected health information contained in your health records maintained by us. We have the following duties regarding the maintenance, use and disclosure of your health records:

(1) We are required by law to maintain the privacy of the protected health information in your records and to provide you with this Notice of our legal duties and privacy practices with respect to that information.

(2) We are required to abide by the terms of this Notice currently in effect.

(3) We reserve the right to change the terms of this Notice at any time, making the new provisions effective for all health information and records that we have and continue to maintain. All changes in this Notice will be prominently displayed and available at our office.

There are a number of **situations in which we may use or disclose** to other persons or entities your confidential health information. Certain uses and disclosures will require you to sign an acknowledgement that you received this Notice of Privacy Practices. These include treatment, payment, and health care operations. Any use or disclosure of your protected health information required for anything other than treatment, payment or health care operations requires you to sign an Authorization. Certain disclosures that are required by law, or under emergency circumstances, may be made without your Acknowledgement or Authorization. Under any circumstance, we will use or disclose **only** the minimum amount of information necessary from your medical records to accomplish the intended purpose of the disclosure.

We will attempt in good faith to obtain your signed Acknowledgement that you received this Notice to use and disclose your confidential medical information for the following purposes. These examples are not meant to be exhaustive, but to describe the types of uses and disclosures that may be made by our office once you have provided Consent.

**Treatment:** We will use your health information to make decisions about the provision, coordination or management of your healthcare, including analyzing or diagnosing your condition and determining the appropriate treatment for that condition. It may also be necessary to share your health information with another health care provider whom we need to consult with respect to your care. [If there are other such disclosures that you might make, list them here.] These are only examples of uses and disclosures of medical information for treatment purposes that may or may not be necessary in your case.

**Payment:** We may need to use or disclose information in your health record to obtain reimbursement from you, from your health-insurance carrier, or from another insurer for our services rendered to you. This may include determinations of eligibility or coverage under the appropriate health plan, pre-certification and pre-authorization of services or review of services for the purpose of reimbursement. This information may also be used for billing, claims management and collection purposes, and related healthcare data processing through our system.

**Operations:** Your health records may be used in our business planning and development operations, including improvements in our methods of operation, and general administrative functions. We may also use the information in our overall compliance planning, healthcare review activities, and arranging for legal and auditing functions.

There are certain circumstances under which we may use or disclose your health information **without first obtaining your Acknowledgement or Authorization**. Those circumstances generally involve public health and oversight activities, law-enforcement activities, judicial and administrative proceedings, and in the event of death. Specifically, we may be required to report to certain agencies information concerning certain communicable diseases, sexually transmitted diseases or HIV/AIDS status. We may also be required to report instances of suspected or documented abuse, neglect or domestic violence. We are required to report to appropriate agencies and law-enforcement officials information that you or another person is in immediate threat of danger to health or safety as a result of violent activity. We must also provide health information when ordered by a court of law to do so. We may contact you from time to time to provide appointment reminders or information about treatment alternatives or other health-related benefits and services that may be of interest to you. [Delete if inapplicable:] You should be aware that we utilize an "open adjusting room" in which several people may be adjusted at the same time and in close proximity. We will try to speak quietly to you in a manner reasonably calculated to avoid disclosing your health information to others; however, complete privacy may not be possible in this setting. If you would prefer to be adjusted in a private room, please let us know and we will do our best to accommodate your wishes.

**Others Involved in Your Healthcare:** Unless you object, we may disclose to a member of your family, a relative, a close friend or any other person you identify, your protected health information that directly relates to that person's involvement in your health care. If you are unable to agree or object to such a disclosure, we may disclose such information as necessary if we determine that it is in your best interest based on our professional judgment. We may use or disclose protected health information to notify or assist in notifying a family member, personal representative or any other person that is responsible for your care of your location, general condition or death. Finally, we may use or disclose your protected health information to an authorized public or private entity to assist in disaster relief efforts and to coordinate uses and disclosures to family or other individuals involved in your healthcare.

**Communication Barriers and Emergencies:** We may use and disclose your protected health information if we attempt to obtain consent from you but are unable to do so because of substantial communication barriers and we determine, using professional judgment, that you intend to consent to use or disclosure under the circumstances. We may use or disclose your protected health information in an emergency treatment situation. If this happens, we will try to obtain your consent as soon as reasonably practicable after the delivery of treatment. If we are required by law or as a matter of necessity to treat you, and we have attempted to obtain your consent but have been unable to obtain your consent, we may still use or disclose your protected health information to treat you.

Except as indicated above, your health information will not be used or disclosed to any other person or entity without your specific Authorization, which may be revoked at any time. In

particular, except to the extent disclosure has been made to governmental entities required by law to maintain the confidentiality of the information, information will not be further disclosed to any other person or entity with respect to information concerning mental-health treatment, drug and alcohol abuse, HIV/AIDS or sexually transmitted diseases that may be contained in your health records. We likewise will not disclose your health-record information to an employer for purposes of making employment decisions, to a liability insurer or attorney as a result of injuries sustained in an automobile accident, or to educational authorities, without your written authorization.

You have certain **rights regarding your health record information**, as follows:

(1) You may request that we restrict the uses and disclosures of your health record information for treatment, payment and operations, or restrictions involving your care or payment related to that care. We are not required to agree to the restriction; however, if we agree, we will comply with it, except with regard to emergencies, disclosure of the information to you, or if we are otherwise required by law to make a full disclosure without restriction.

(2) You have a right to request receipt of confidential communications of your medical information by an alternative means or at an alternative location. If you require such an accommodation, you may be charged a fee for the accommodation and will be required to specify the alternative address or method of contact and how payment will be handled.

(3) You have the right to inspect, copy and request amendments to your health records. Access to your health records will not include psychotherapy notes contained in them, or information compiled in anticipation of or for use in a civil, criminal or administrative action or proceeding to which your access is restricted by law. We will charge a reasonable fee for providing a copy of your health records, or a summary of those records, at your request, which includes the cost of copying, postage, and preparation or an explanation or summary of the information.

(4) All requests for inspection, copying and/or amending information in your health records, and all requests related to your rights under this Notice, must be made in writing and addressed to the Privacy Officer at our address. We will respond to your request in a timely fashion.

(5) You have a limited right to receive an accounting of all disclosures we make to other persons or entities of your health information except for disclosures required for treatment, payment and healthcare operations, disclosures that require an Authorization, disclosure incidental to another permissible use or disclosure, and otherwise as allowed by law. We will not charge you for the first accounting in any twelve-month period; however, we will charge you a reasonable fee for each subsequent request for an accounting within the same twelve-month period.

(6) If this notice was initially provided to you electronically, you have the right to obtain a paper copy of this notice and to take one home with you if you wish.

You may file a written complaint to us or to the Secretary of Health and Human Services if you believe that your privacy rights with respect to confidential information in your health records have been violated. All complaints must be in writing and must be addressed to the Privacy Officer (in the case of complaints to us) or to the person designated by the U.S. Department of Health and Human Services if we cannot resolve your concerns. You will not be retaliated

against for filing such a complaint. More information is available about complaints at the government's web site, <http://www.hhs.gov/ocr/hipaa>.

All questions concerning this Notice or requests made pursuant to it should be addressed to

PRIVACY OFFICER,  
Dr. Nick McColley  
506 Main Ave.  
Clear Lake, IA 50428