

CONFIDENTIAL PATIENT INFORMATION

Name _____ Date _____ SSN _____
Home Ph. _____ Cell Ph. _____
Address _____ City _____ State _____ Zip _____ Sex M F
Age _____ Birth Date _____ Marital Status M S W D How many children? _____
Occupation _____ Employer _____ Office Ph. _____
Work Address _____ Email Address _____
Name of Spouse _____ Occupation _____ Employer _____

Who may we thank for referring you? _____

Have you had chiropractic care? Yes No If so, who was the doctor and when? _____

Would you like to receive Email Reminders Text Reminders, Cellular Carrier: _____

Please list your most recent traumas (auto accidents, major falls, sport injuries, etc.):

- 1. 1. _____ Date: _____
- 2. _____ Date: _____
- 3. _____ Date: _____

PRIMARY CONDITION – PLEASE DESCRIBE ONE AREA OF COMPLAINT

Please describe your primary complaint: _____

When did it start? _____ Have you had it in the past: Y N When: _____

Please check the appropriate box: The pain is constant it comes and goes

On a scale from 1-10 with 10 being the worst circle the level of pain: 1 2 3 4 5 6 7 8 9 10

Please check the box(es) that best describes the pain: Sharp/Stabbing Pain Burning
Dull Pain Tingling Numbness Weakness Restriction Other _____

Does your pain travel from the point of pain? Y N If yes, where: _____

What makes it better? Chiropractic Ice Heat Massage Medication

Resting Sitting Standing Walking Lying Down Other _____

What makes it worse? Bowel Movements Breathing Coughing Driving

Sitting Lying Down Sneezing Walking Working Other _____

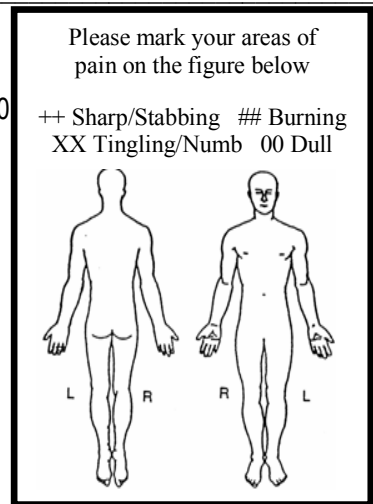
Have you missed any school/work due to this complaint? Y N

Is this the result of an automobile accident: Y N Work related injury: Y N

If yes, to either question above, please explain: _____

Have you received any other treatment for this condition: Y N If yes, indicate treatment Chiropractic Physical Therapy Surgery
Other _____ Doctor's Name who provided Treatment: _____

*DOCTOR USE ONLY: _____



SECONDARY CONDITION – (if applicable)

Please describe your secondary complaint: _____

When did it start? _____ Have you had it in the past: Y N When: _____

Please check the appropriate box: The pain is constant it comes and goes

On a scale from 1-10 with 10 being the worst circle the level of pain: 1 2 3 4 5 6 7 8 9 10

Please check the box(es) that best describes the pain: Sharp/Stabbing Pain Burning
Dull Pain Tingling Numbness Weakness Restriction Other _____

Does your pain travel from the point of pain? Y N If yes, where: _____

What makes it better? Chiropractic Ice Heat Massage Medication

Resting Sitting Standing Walking Lying Down Other _____

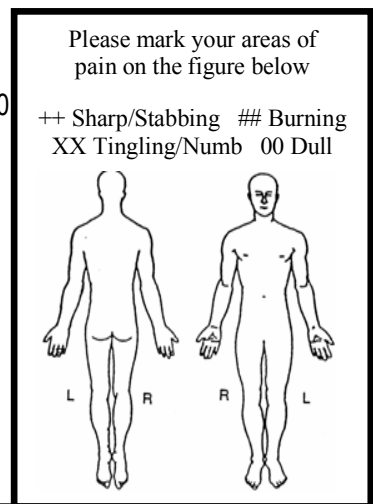
What makes it worse? Bowel Movements Breathing Coughing Driving

Sitting Lying Down Sneezing Walking Working Other _____

Have you missed any school/work due to this complaint? Y N

Is this the result of an automobile accident: Y N Work related injury: Y N

If yes, to either question above, please explain: _____



Have you received any other treatment for this condition: Y N If yes, indicate treatment Chiropractic Physical Therapy Surgery
Other _____ Doctor's Name who provided Treatment: _____

*DOCTOR USE ONLY: _____

ADDITIONAL CONDITION – (if applicable)

Please describe your additional complaint: _____

When did it start? _____ Have you had it in the past: Y N When: _____

Please check the appropriate box: The pain is constant it comes and goes

On a scale from 1-10 with 10 being the worst circle the level of pain: 1 2 3 4 5 6 7 8 9 10

Please check the box(es) that best describes the pain: Sharp/Stabbing Pain Burning
Dull Pain Tingling Numbness Weakness Restriction Other _____

Does your pain travel from the point of pain? Y N If yes, where: _____

What makes it better? Chiropractic Ice Heat Massage Medication

Resting Sitting Standing Walking Lying Down Other _____

What makes it worse? Bowel Movements Breathing Coughing Driving

Sitting Lying Down Sneezing Walking Working Other _____

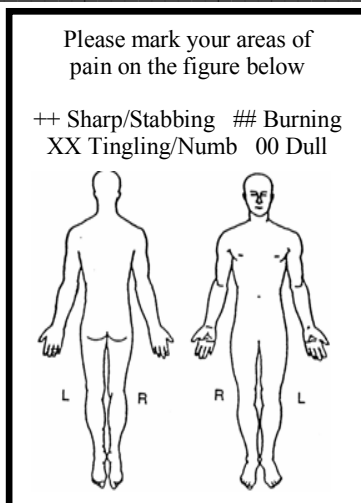
Have you missed any school/work due to this complaint? Y N

Is this the result of an automobile accident: Y N Work related injury: Y N

If yes, to either question above, please explain: _____

Have you received any other treatment for this condition: Y N If yes, indicate treatment Chiropractic Physical Therapy Surgery
Other _____ Doctor's Name who provided Treatment: _____

*DOCTOR USE ONLY: _____



Activities of Daily Living: Please circle the activities that are affected by your current complaint.

- | | | | |
|-------------------|--------------------|-------------------|-------------------|
| Bathing | Cooking | Laying down | Sleeping |
| Bending | Daily pet care | Lifting items | Sneezing |
| Brushing teeth | Dressing | Reading | Sports |
| Caring for family | Swallowing | Reaching | Static sitting |
| Carrying items | Driving | Running | Static standing |
| Changing of pos. | Eating | Shaving | Washing body/hair |
| Climbing stairs | Exercising | Showering | Work activities |
| Computer use | Getting out of bed | Sexual activities | Yard work |
| Concentration | Household chores | | |

Medication: Please list all medications you are currently taking. We offer information as to what nutrient deficiencies will be caused by the medications you are taking. If you desire this information please inform your doctor.

1. _____ 3. _____ 5. _____ 7. _____
2. _____ 4. _____ 6. _____ 8. _____

Nutrients: Please list all nutrients you are currently taking. We offer to evaluate the formulations of your supplementation. If you desire this evaluation please bring your nutrients on your next visit.

1. _____ 3. _____ 5. _____ 7. _____
2. _____ 4. _____ 6. _____ 8. _____

Females Only: Are you currently having menstrual cycles? Y N If yes, when was the first day of your last cycle? _____ Is there any chance you are pregnant? Y N If yes, how many weeks? _____
Please sign to verify the above information is correct to the best of your knowledge. _____

Family History: Insert age and check any box that applies

	Age (if living)	Heart Dx	High Cholest	High BI Pressure	Diabetes	Cancer	Anemia	Neck Pain	Low Bck Pain	Carpal Tunnel	Head aches	Obesity
Self												
Mom												
Dad												
Brother												
Sister												
Other												

Doctor's Use Only: _____

LIFESTYLE: Your lifestyle, diet and exercise habits play an extremely important role in your overall health and risk of chronic disease. The following questions are designed to help us understand your habits, desires as well as commitments to make changes to those habits if necessary.

Diet:

- How much do you drink? _____ 8-oz. glass water/day _____ caffeinated drinks/day _____ alcoholic drinks/week
- How many times do you eat fast food each week? _____
- Y N Do you smoke? If yes, how many packs a day? _____
- Y N Do you have any food allergies? If yes, please name: _____
- How many servings of fruits & vegetables are you eating a day? 0 1 2 3 4 5 6 7 8 9 10
 1 medium fruit = 1 serving 1 cup raw vegetables = 1 serving

Body Composition and Exercise:

- Y N Are you at your ideal weight? Current Weight _____ If no, what is your desired weight? _____
- Y N Are you interested in weight management?
- Y N Do you engage in any cardiovascular exercise (e.g. aerobics, walking, swimming, etc.)?
 If yes, which activities? _____ Days Per Wk _____ Duration _____
- Y N Do you do any form of resistance exercises (lift weights) on a consistent basis? Days per week _____
- Y N Do you ever experience pain after exercising? If yes, where? _____ Type of Pain _____

Commitment and Goals:

- On a scale of 1 to 10, what level of stress do you experience daily? 1 2 3 4 5 6 7 8 9 10
- On a scale of 1 to 10, what is your commitment to making a lifestyle improvement? 1 2 3 4 5 6 7 8 9 10
- What are your health goals for the next 6 months? _____

Primary Care Physician

Primary Care Physician: _____ Physician Phone #: _____
 Address: _____ City: _____ State: _____

Check here if you do NOT authorize this office to communicate with my primary physician about the care I receive.

I verify that the information I have provided in this document is true and I give the doctor consent to treat me.

Name: _____ Signature: _____ Date: _____

Subjective Health Assessment

Please rate the following symptoms that you have experienced during the past 30 days
0 = Never 1 = Occasional and Mild 2 = Occasional and Severe 3 = Often and Mild 4 = Often and Severe

<u>Head</u>		<u>Heart, Lungs</u>	
0 1 2 3 4	Headache	0 1 2 3 4	Irregular Heart Beat
0 1 2 3 4	Faintness	0 1 2 3 4	Rapid, Pounding Heart Beat
0 1 2 3 4	Dizziness	0 1 2 3 4	Chest Pain
0 1 2 3 4	Sleeplessness	0 1 2 3 4	Chest Congestion
	___Total	0 1 2 3 4	Asthma
		0 1 2 3 4	Bronchitis
			___Total
<u>Eyes, Ears, Nose, Throat</u>		<u>Skin</u>	
0 1 2 3 4	Stuffy Nose	0 1 2 3 4	Acne
0 1 2 3 4	Sinus Trouble	0 1 2 3 4	Dry, Scaly Skin
0 1 2 3 4	Hay Fever	0 1 2 3 4	Hair Loss
0 1 2 3 4	Sneezing	0 1 2 3 4	Hot Flashes
0 1 2 3 4	Nasal Congestion		___Total
0 1 2 3 4	Swollen Eyes	<u>Digestion</u>	
0 1 2 3 4	Reddened Eyes	0 1 2 3 4	Nausea, Vomiting
0 1 2 3 4	Watery, Itchy Eyes	0 1 2 3 4	Diarrhea
0 1 2 3 4	Dark Circles Under Eyes	0 1 2 3 4	Constipation
0 1 2 3 4	Earache, Ear Infection	0 1 2 3 4	Heartburn
0 1 2 3 4	Ringing in the Ears	0 1 2 3 4	Stomach Pain
0 1 2 3 4	Coughing	0 1 2 3 4	Bloating
0 1 2 3 4	Sore Throat	0 1 2 3 4	Belching, Gas
0 1 2 3 4	Hoarseness, Loss of Voice		___Total
0 1 2 3 4	Canker Sore	___Total	___Total
<u>Memory, Emotions</u>		<u>Joints</u>	
0 1 2 3 4	Mood Swings	0 1 2 3 4	Stiffness/Lack of Motion
0 1 2 3 4	Anxiety, Nervousness	0 1 2 3 4	Arthritis
0 1 2 3 4	Anger, Irritability	0 1 2 3 4	Pain in the Joints
0 1 2 3 4	Aggressiveness	0 1 2 3 4	Pain in the Muscles
0 1 2 3 4	Depression		___Total
0 1 2 3 4	Poor Memory	<u>Energy Levels</u>	
0 1 2 3 4	Confusion	0 1 2 3 4	Weakness
0 1 2 3 4	Lack of Concentration	0 1 2 3 4	Fatigue
0 1 2 3 4	Difficulty in Making Decisions	0 1 2 3 4	Hyperactivity
	___Total	0 1 2 3 4	Restlessness
			___Total
<u>Sleep</u>		<u>Weight</u>	
0 1 2 3 4	Trouble Getting Asleep	0 1 2 3 4	Binge Eating/Drinking
0 1 2 3 4	Trouble Staying Asleep	0 1 2 3 4	Craving Certain Foods
0 1 2 3 4	Snoring	0 1 2 3 4	Excessive Weight
0 1 2 3 4	Wake up tired	0 1 2 3 4	Water Retention
0 1 2 3 4	Fall asleep during the day	0 1 2 3 4	Overweight
	___Total		___Total
		Grand Total	

PATIENT CONSENT FORM

FOR USE AND/OR DISCLOSURE OF PROTECTED HEALTH INFORMATION TO CARRY OUT ANALYSIS, TREATMENT, PAYMENT AND HEALTHCARE OPERATIONS.

I, _____ hereby state that by signing this consent, I acknowledge and agree as follows:

___ 1. The practice's Privacy Notice has been provided to me prior to my signing this consent. The Privacy Notice includes a complete description of the uses and/or disclosures of my protected health information (PHI) necessary for the practice to provide analysis and treatment for me, and also necessary for the practice to obtain payment for that treatment and to carry out its healthcare operations. The practice explained to me that the privacy notice would be available to me in the future at my request. The practice has encouraged me to read the privacy notice carefully prior to signing this consent.

___ 2. The practice reserves the right to change its privacy practices that are described in its privacy notice, in accordance with applicable law.

___ 3. I understand that, and consent to, the following appointment reminders that will be used by the practice:
 Postcards mailed to the addresses I have provided.
 Telephoning me at the numbers I have provided and leaving messages for me on my answering machine or with the individual answering the phone.

___ 4. The practice may use and/or disclose my PHI (which includes information about my health or condition, analysis, and the treatment provided to me) in order for the practice to make analyses about my condition(s), treat me, obtain payment for that treatment, and as necessary for the practice to conduct its specific health care operations.

___ 5. I understand that I have the right to request that the practice restrict how my PHI is used and/or disclosed except to obtain payment for treatment provided. However, the practice is not required to agree to any restrictions that I have requested, and I have the right to refuse treatment.

___ 6. I understand that this consent is valid as long as I am a patient in this office. I further understand that I have the right to revoke this consent, in writing at any time for all future transactions, with the understanding that any such revocation shall not apply to the extent that the practice has already taken action in reliance on this consent. If I revoke this consent at any time, the practices has the right to refuse to treat me.

___ 7. I give Align Life permission to treat me in a room that is not fully enclosed. I am aware that other persons in the office may overhear some of my protected health information during the course of care. Should I need to speak with the doctor at any time in private, I understand the doctor will provide a private room for consultations

___ 8. The doctor recommends that my spouse be present at my report of findings visit; therefore I hereby give permission for my protected health information to be disclosed at that time and at any time my spouse contacts the office to check on my status.

___ 9. This office posts a notice for Patient of the Week. If I receive that designation I authorize Align Life to post my name in the office.

I have read and understand the above statements. I understand that I have the right to refuse to sign this authorization. If I choose to decline signing this consent form, this practice will not treat me.

Date: _____

Patient's Name (Printed) _____

Patient Name (Signed) _____

Patient DOB: _____

TERMS OF ACCEPTANCE

When a patient seeks chiropractic care and we accept a patient for such care, it is essential for both to be working towards the same objective.

Chiropractic has only one goal: To restore the health potential of the body by removing spinal nerve impingements (called subluxations) which may be contributing or causing certain health condition. To remove the spinal nerve impingement a specific process is used which is called a chiropractic adjustment. It is important that each patient understand both the objective and the method that will be used to attain it. This will prevent any confusion or disappointment.

Although chiropractic has clinically been associated with the reduction of many symptoms and health conditions, we do not offer to diagnose or treat any disease. We only offer to diagnose either vertebral subluxations or musculoskeletal conditions. However, if during the course of a chiropractic spinal examination, we encounter non-chiropractic or unusual findings, we will advise you. Regardless of what the disease is called, we do not offer to treat it.

When pressure is removed off a nerve, the nerve will begin to heal and that will increase the function of the muscles, joints and organ systems the nerve supplies. Additional information is provided on our website at www.AlignLife.com.

I have read and understand the information above.

Print Name: _____ Sign: _____ Date: _____

AUTHORIZATION AND ASSIGNMENT OF BENEFITS

To: AlignLife

1. You are authorized to release any information you deem appropriate concerning my health condition to any insurance company, attorney or adjuster in order to process any claim for reimbursement of charges occurred at this office.
2. I authorize and assign the direct payment to you of any sum I now or hereafter owe you by my attorney out of the proceeds of any settlement of my case, and by any insurance company obligated to reimburse me for the charges for your services of otherwise obligated to make payment to me or you based in whole or in part upon the charges for your services.
3. I give assignment lien against any claims against a third party whose negligence may have caused my injury, up to the bill for treatment.
4. In the event any insurance company obligated by contractual agreement to make payment to me or to you for the charges made for your services refuses to make such payment upon demand by you, I hereby assign and transfer to you the cause of action that exists in my favor against any such company (the name (s) of which I believed to be correctly set forth under pertinent data below) and authorize you to prosecute said action either in my name or your name as you see fit and further authorize you to comprise, settle or otherwise resolve said claim as you see fit. I understand that whatever amounts you do not collect from insurance proceeds (whether it is all or part of what is due) I personally owe you.

Print Name: _____ Sign: _____ Date: _____