

# Adult Member Health Record

## ABOUT YOU

|  |                     |
|--|---------------------|
| NAME:  |                     |
| ADDRESS:   |                     |
| CITY:  | STATE/ZIP CODE:     |
| HOME PHONE:  | CELL PHONE:         |
| EMAIL ADDRESS:   |                     |
| DATE OF BIRTH:   |                     |
| AGE:   |                     |
| SOCIAL SECURITY NUMBER:  | GENDER:             |
| MARITAL STATUS:  | NUMBER OF CHILDREN: |
| EMPLOYER ADDRESS:  |                     |
| WORK PHONE:  | POSITION TITLE:     |
| How would you like appointment reminder: <input type="checkbox"/> Email <input type="checkbox"/> Text <input type="checkbox"/> Carrier _____ |                     |

## ABOUT YOUR SPOUSE

|                  |
|------------------|
| SPOUSE NAME:     |
| SPOUSE EMPLOYER: |
| POSITION TITLE:  |

## YOUR CHILDHOOD YEARS

|   |  |
|---|--|
| DID YOU HAVE ANY CHILDHOOD ILLNESSES?                                       | <input type="checkbox"/> YES <input type="checkbox"/> NO <input type="checkbox"/> UNSURE |
| DID YOU HAVE ANY SERIOUS FALLS AS A CHILD                                   | <input type="checkbox"/> YES <input type="checkbox"/> NO <input type="checkbox"/> UNSURE |
| DID YOU PLAY YOUTH SPORTS   | <input type="checkbox"/> YES <input type="checkbox"/> NO <input type="checkbox"/> UNSURE |
| DID YOU TAKE / USE ANY DRUGS?   | <input type="checkbox"/> YES <input type="checkbox"/> NO <input type="checkbox"/> UNSURE |
| DID YOU HAVE ANY SURGERY?   | <input type="checkbox"/> YES <input type="checkbox"/> NO <input type="checkbox"/> UNSURE |
| HAVE YOU FALLEN/JUMPED FROM A HEIGHT OVER 3 FEET?                           | <input type="checkbox"/> YES <input type="checkbox"/> NO <input type="checkbox"/> UNSURE |
| WERE YOU INVOLVED IN ANY CAR ACCIDENTS AS A CHILD?                          | <input type="checkbox"/> YES <input type="checkbox"/> NO <input type="checkbox"/> UNSURE |
| WERE THERE ANY PROLONGED USE OF MEDICINE SUCH AS ANTIBIOTICS OR AN INHALER? | <input type="checkbox"/> YES <input type="checkbox"/> NO <input type="checkbox"/> UNSURE |
| DID YOU SUFFER FROM ANY OTHER TRAUMAS?                                      | <input type="checkbox"/> YES <input type="checkbox"/> NO <input type="checkbox"/> UNSURE |
| WERE YOU VACCINATED?  | <input type="checkbox"/> YES <input type="checkbox"/> NO <input type="checkbox"/> UNSURE |
| AS A CHILD, WERE YOU UNDER REGULAR CHIROPRACTIC CARE?                       | <input type="checkbox"/> YES <input type="checkbox"/> NO <input type="checkbox"/> UNSURE |

## CHIROPRACTIC EXPERIENCE

|  |
|--|
| WHO REFERRED YOU TO OUR OFFICE?  |
| HAVE YOU SEEN OR HEARD OF OUR OFFICE BECAUSE OF (✓ALL THAT APPLY):<br><input type="checkbox"/> NEWSPAPER <input type="checkbox"/> SIGN <input type="checkbox"/> YELLOW PAGES <input type="checkbox"/> COMMUNITY EVENT <input type="checkbox"/> MAILING |
| HAVE YOU BEEN ADJUSTED BY A CHIROPRACTOR BEFORE?<br><input type="checkbox"/> YES <input type="checkbox"/> NO   |
| IF YES, WHAT WAS THE REASON FOR THOSE VISITS?  |
| DOCTOR'S NAME:   |
| APPROXIMATE DATE OF LAST VISIT:  |
| HAS ANY MEMBER OF YOUR FAMILY EVER SEEN A CHIROPRACTOR?  |

## REASON FOR THIS VISIT

|  |
|--|
| DESCRIBE THE REASON FOR THIS VISIT:  |
| PLEASE BRIEFLY DESCRIBE, INCLUDING THE IMPACT IT HAS HAD ON YOUR LIFE. IF YOU'RE ONLY HERE FOR CHIROPRACTIC WELLNESS SERVICES PLEASE SKIP TO NEXT PAGE:<br><input type="checkbox"/> WELLNESS <input type="checkbox"/> SPORTS <input type="checkbox"/> AUTO <input type="checkbox"/> FALL <input type="checkbox"/> HOME INJURY<br><input type="checkbox"/> JOB <input type="checkbox"/> CHRONIC DISCOMFORT <input type="checkbox"/> OTHER |
| PLEASE EXPLAIN:  |
| WHEN DID THIS CONCERN BEGIN?   |
| HAS THIS CONCERN:<br><input type="checkbox"/> GOTTEN WORSE <input type="checkbox"/> STAYED CONSTANT <input type="checkbox"/> COME AND GONE   |
| DOES THIS CONCERN INTERFERE WITH:<br><input type="checkbox"/> WORK <input type="checkbox"/> SLEEP <input type="checkbox"/> DAILY ROUTINE <input type="checkbox"/> OTHER ACTIVITIES   |
| PLEASE EXPLAIN:  |
| HAS THIS CONCERN OCCURRED BEFORE? <input type="checkbox"/> YES <input type="checkbox"/> NO   |
| PLEASE EXPLAIN:  |
| HAVE YOU SEEN OTHER DOCTORS FOR THIS CONCERN? <input type="checkbox"/> YES <input type="checkbox"/> NO   |
| DOCTOR'S NAME:   |
| TYPE OF TREATMENT:   |
| RESULTS: <input type="checkbox"/> GOOD <input type="checkbox"/> BAD <input type="checkbox"/> INDIFFERENT   |

*"The doors we open and close each day decide the lives we live."*

*Many problems and health challenges can start as 'nerve interference' blocking the vital power that operates and heals our body. Please CIRCLE below any concerns you are experiencing now as well as in the past. Feel free to list any other concerns or health challenges you may be having under 'other'.*

### HEALTH HABITS

|  |                                     |                                      |
|--|-------------------------------------|--------------------------------------|
| DO YOU SMOKE?                          | <input type="checkbox"/> YES        | <input type="checkbox"/> NO          |
| DO YOU DRINK ALCOHOL?                  | <input type="checkbox"/> YES        | <input type="checkbox"/> NO          |
| DO YOU DRINK COFFEE, TEA OR SODA?      | <input type="checkbox"/> YES        | <input type="checkbox"/> NO          |
| DO YOU EXERCISE REGULARLY?             | <input type="checkbox"/> YES        | <input type="checkbox"/> NO          |
| DO YOU WEAR:                           |                                     |                                      |
| <input type="checkbox"/> HEEL LIFTS    | <input type="checkbox"/> SOLE LIFTS | <input type="checkbox"/> INNER SOLES |
| <input type="checkbox"/> ARCH SUPPORTS |                                     |                                      |

### MEDICATIONS YOU TAKE

|  |  |
|--|--|
| <input type="checkbox"/> CHOLESTEROL MEDICATIONS | <input type="checkbox"/> INSULIN                 |
| <input type="checkbox"/> STIMULANTS              | <input type="checkbox"/> PAIN KILLERS            |
| <input type="checkbox"/> TRANQUILIZERS           | <input type="checkbox"/> BLOOD PRESSURE MEDICINE |
| <input type="checkbox"/> MUSCLE RELAXERS         | <input type="checkbox"/> OTHER _____             |

### SUPPLEMENTS YOU TAKE

|  |                                      |
|--|--------------------------------------|
| <input type="checkbox"/> ESSENTIAL FATTY ACIDS     | <input type="checkbox"/> PROBIOTIC   |
| <input type="checkbox"/> MULTIVITAMIN WHICH: _____ | <input type="checkbox"/> OTHER _____ |
| <input type="checkbox"/> CALCIUM / MAGNESIUM       | <input type="checkbox"/> OTHER _____ |
| <input type="checkbox"/> VITAMIN C                 | <input type="checkbox"/> OTHER _____ |

### YOUR CONCERNS

|  |     |   |
|--|-----|---|
| Sore Throat<br>Stiff Neck<br>Radiating Arm Pain<br>Hand/Finger Numbness<br>Asthma<br>Allergies<br>High Blood Pressure<br>Heart Conditions  | C1  | Headaches<br>Migraines<br>Dizziness<br>Sinus Problems<br>Allergies<br>Fatigue<br>Head Colds<br>Vision Problems<br>Difficulty Concentrating<br>Hearing Problems            |
|  | C2  |   |
|  | C3  |   |
|  | C5  |   |
|  | C6  |   |
|  | C7  |   |
|  | C7  |   |
| Constipation<br>Colitis<br>Diarrhea<br>Gas Pain<br>Irritable Bowel<br>Bladder Problems<br>Menstrual Problems<br>Low Back Pain<br>Pain or Numbness in legs<br>Reproductive Problems | T2  | Middle Back Pain<br>Congestion<br>Difficulty Breathing<br>Bronchitis<br>Pneumonia<br>Gallbladder Conditions<br>Stomach Problems<br>Ulcers<br>Gastritis<br>Kidney Problems |
|  | T3  |   |
|  | T4  |   |
|  | T5  |   |
|  | T6  |   |
|  | T7  |   |
|  | T8  |   |
|  | T9  |   |
|  | T10 |   |
|  | T10 |   |
|  | L1  | OTHER:<br>_____<br>_____<br>_____   |
|  | L2  |   |
|  | L3  |   |
|  | L4  |   |
|  | L5  |   |
|  | S   |   |
|  | A   |   |
| C  |     |   |
| R  |     |   |

### HEALTH CONDITIONS...

**INSTRUCTIONS:** Please check each of the diseases or conditions that you now have or have had in the past. While they may seem unrelated to the purpose of the appointment, they can affect the overall diagnosis, care plan and the possibility of being accepted for care.

|   |   |  |  |  |  |
|---|---|--|--|--|--|
| <input type="checkbox"/> SEVERE OR FREQUENT HEADACHES | <input type="checkbox"/> THYROID PROBLEMS     | <input type="checkbox"/> PAIN IN ARMS/LEGS/HANDS | <input type="checkbox"/> NUMBNESS      | <b>FOR WOMEN ONLY:</b>   |  |
| <input type="checkbox"/> HEART SURGERY/PACEMAKER      | <input type="checkbox"/> SINUS PROBLEMS       | <input type="checkbox"/> LOW BLOOD PRESSURE      | <input type="checkbox"/> ALLERGIES     | ARE YOU PREGNANT?  | <input type="checkbox"/> YES <input type="checkbox"/> NO |
| <input type="checkbox"/> LOWER BACK PROBLEMS          | <input type="checkbox"/> HEPATITIS            | <input type="checkbox"/> RHEUMATIC FEVER         | <input type="checkbox"/> DIABETES      | IF YES, WHEN IS YOUR DUE DATE?   |  |
| <input type="checkbox"/> DIGESTIVE PROBLEMS           | <input type="checkbox"/> DIFFICULTY BREATHING | <input type="checkbox"/> ULCERS/COLITIS          | <input type="checkbox"/> SURGERIES:    | ARE YOU NURSING?   | <input type="checkbox"/> YES <input type="checkbox"/> NO |
| <input type="checkbox"/> PAIN BETWEEN SHOULDERS       | <input type="checkbox"/> KIDNEY PROBLEMS      | <input type="checkbox"/> TUBERCULOSIS            | <input type="checkbox"/> ASTHMA        | ARE YOU TAKING BIRTH CONTROL? <input type="checkbox"/> YES <input type="checkbox"/> NO   |  |
| <input type="checkbox"/> CONGENITAL HEART DEFECT      | <input type="checkbox"/> HIGH BLOOD PRESSURE  | <input type="checkbox"/> ARTHRITIS               | <input type="checkbox"/> LOSS OF SLEEP | DO YOU:<br>EXPERIENCE PAINFUL PERIODS? <input type="checkbox"/> YES <input type="checkbox"/> NO<br>HAVE IRREGULAR CYCLES? <input type="checkbox"/> YES <input type="checkbox"/> NO<br>HAVE BREAST IMPLANTS? <input type="checkbox"/> YES <input type="checkbox"/> NO |  |
| <input type="checkbox"/> FREQUENT NECK PAIN           | <input type="checkbox"/> CHEMOTHERAPY         | <input type="checkbox"/> SHINGLES                | <input type="checkbox"/> DIZZINESS     |  |  |

SURGERIES: (PLEASE LIST ALL SURGERIES YOU HAVE HAD)

**GOALS FOR YOUR CARE**

**ARE YOU AWARE THAT...**

DOCTORS OF CHIROPRACTIC WORK WITH THE NERVOUS SYSTEM?

- YES       NO

THE NERVOUS SYSTEM CONTROLS ALL BODILY FUNCTIONS AND SYSTEMS?

- YES       NO

CHIROPRACTIC IS THE LARGEST NATURAL HEALING PROFESSION IN THE WORLD?

- YES       NO

People see Chiropractors for a variety of reasons. Some go for relief of pain, some to correct the cause of pain and others for correction of whatever is malfunctioning in their body. Your Doctor will weigh your needs and desires when recommending your care program. Please check the type of care desired so that we may be guided by your wishes whenever possible.

- Relief care:** Symptomatic relief of pain or discomfort.
- Corrective care:** Correcting and relieving the cause of the problem as well as the symptom.
- Comprehensive care:** Bring whatever is malfunctioning in the body to the highest state of health possible with Chiropractic care.
- I want the Doctor to select the type of care for my condition.***

**AUTHORIZATION FOR CARE**

*I hereby authorize the Doctor to work with my condition through the use of adjustments to my spine, as he or she deems appropriate. I clearly understand and agree that all services rendered me are charged directly to me and that I am personally responsible for payment. I agree that I am responsible for all bills incurred at this office. The Doctor will not be held responsible for any pre-existing medically diagnosed conditions nor for any medical diagnosis. I also understand that if I suspend or terminate my care, any fees for professional services rendered me will become immediately due and payable.*

*I hereby authorize assignment of my insurance rights and benefits (if applicable) directly to the provider for services rendered. I understand and agree that health and accident insurance policies are an arrangement between an insurance carrier and myself. I understand that the Doctor's Office will prepare any necessary reports and forms to assist me in collecting from the insurance company and that any amount authorized to be paid directly to the Doctor's Office will be credited to my account on receipt.*

**Ownership of X-ray Films:** *It is understood and agreed that the payments to the Doctor for X-rays is for examination of X-rays only. The X-ray negative will remain the property of the office. They are kept on file where they may be seen at any time while I am a patient at this office.*

SIGN IF READ ABOVE \_\_\_\_\_ DATE \_\_\_\_\_

**NOTICE OF PRIVACY POLICY**

Protecting the privacy of your personal health information is important to us. Disclosure of your protected health information without authorization is strictly limited to defined situations that include emergency care, quality assurance activities, public health, research, and law enforcement activities. Any other disclosures for the purposes of treatment or practice operations will be made only after obtaining your consent.

- You may request restrictions on your disclosures.
- You may inspect and receive copies of your records within 30 days with a request.
- You may request to view changes to your records.
- In the future, we may contact you for appointment reminders, announcements and to inform you about our practice and its staff.

We offer spinal adjustments in an open room style, with other patients in the same room. Any details concerning your treatment plan may be discussed during your office visits. You may schedule a private consultation with the Doctor if you feel uncomfortable discussing anything.

*I understand that, under the Health Insurance Portability & Accountability Act of 1996 (HIPAA), I have certain rights to privacy regarding my protected health information. I understand that this information can and will be used to:*

- Conduct, plan and direct my treatment and follow up with multiple healthcare providers who may be involved in that treatment directly or indirectly.
- Obtain payment from third party payers.
- Conduct normal healthcare operations such as quality assessments and physician's certifications.

*I have read and understand your Notice of Privacy Practices. A more complete description can be requested. I also understand that I can request, in writing, that you restrict how my personal information is used and or disclosed.*

|                              |                          |
|------------------------------|--------------------------|
| PATIENT NAME (PLEASE PRINT): | RELATIONSHIP TO PATIENT: |
| SIGNATURE:                   | DATE:                    |