

Patient Information Sheet

CONFIDENTIAL

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Important: Complete this document as thoroughly as possible. Some questions may seem unrelated to your condition, but they may affect your diagnosis and treatment. All information is confidential.

Form with fields for Date, First Name, Last Name, Social Security Number, Gender, Date of Birth, Age, Marital Status, Street Address, City, State, Zip, Phone (Daytime), Alternate Phone #, Place of Employment, Occupation, Phone Numbers of Emergency Contact, Circle Insurance Coverage, E-Mail, and How did you hear about us?

Chief complaint: How long? How often? What caused this (accident, lifestyle, drug, etc.)? Describe the worst it can be: What treatments have you tried (ice/heat/rest/over-the-counter/prescription meds), other? Get temporary relief? Fixes problem? Causes side effects? How does this affect your life? Affect your family? Affect your sleep? Affect your work? Affect your hobbies? What is your goal/plan if the problem continues 5/10/20 years?

Complaint #2: How long? How often? What caused this (accident, lifestyle, drug, etc.)? Describe the worst it can be: What treatments have you tried (ice/heat/rest/over-the-counter/prescription meds), other? Get temporary relief? Fixes problem? Causes side effects? How does this affect your life? Affect your family? Affect your sleep? Affect your work? Affect your hobbies? What is your goal/plan if the problem continues 5/10/20 years?

Other Complaints:

3) 4)

|   |   |  |
|---|---|--|
| <p>On a scale of 1-10, rate your commitment to get rid of the problem(s) and feel better _____</p> <p>Have you had acupuncture before? _____</p> <p>If yes, where/who _____</p> <p>Any concerns or fears about the needles? _____</p> <p>If yes, what? _____</p> <p>What are your goals of your acupuncture visits?</p> <p>1. _____</p> <p>2. _____</p> <p>3. _____</p> | <p><b>MEDICAL CONDITIONS</b></p> <p>Please List conditions &amp; surgeries you have had and year diagnosed.</p> | <p><b>ALLERGIES</b></p> <p>Medications, Seasonal, Environmental, Food.</p> |
|   |   |  |
|   |   |  |
|   |   |  |
|   |   |  |

**MEDICATIONS** – Please list all prescription medications you use. Include those which you may only use occasionally. Remember inhalers, eye drops and nose sprays. NOTE: If need more space, use page 4.

| Prescription Name | Purpose | How Long | Dose | How Often | Last Dose |
|-------------------|---------|----------|------|-----------|-----------|
|                   |         |          |      |           |           |
|                   |         |          |      |           |           |
|                   |         |          |      |           |           |
|                   |         |          |      |           |           |
|                   |         |          |      |           |           |

**SYMPTOMS** – **\*\*NOTE\*\*:** For each symptom you currently have, rate its severity from 1- 5 (5 being the worst). LEAVE BLANK IF NOT APPLICABLE.

| <i>LIVER / GALLBLADDER</i>             | <i>HEART / SMALL INTESTINES</i>      | <i>SPLEEN / STOMACH</i>               |
|--|--------------------------------------|---------------------------------------|
| _____ Irritability / Anger             | _____ Heart Palpitations             | _____ Heaviness Anywhere in Body      |
| _____ Depression / Stress              | _____ Chest Pain                     | _____ Fatigue / Worse After Eating    |
| _____ Headaches / Migraines            | _____ Insomnia / Sleep Problems      | _____ Hard to Get Up in the Morning   |
| _____ Visual Problems                  | _____ Easily Startled                | _____ Edema (Swelling)                |
| _____ Red / Dry / Itchy Eyes           | _____ Restlessness / Agitation       | _____ Muscles Feel Tired Often        |
| _____ Gall Stones                      | _____ Vivid Dreams                   | _____ Easily Bruising & Bleeding      |
| _____ Dizziness                        | _____ Lack of Joy in Life            | _____ Bad Breath                      |
| _____ Blurred Vision                   |                                      | _____ Decreased / Increased Appetite  |
| _____ Feeling of Lump in Throat        |                                      | _____ Crave Sweets                    |
| _____ Clenching of Teeth at Night      | <b><i>LUNG / LARGE INTESTINE</i></b> | _____ Hypoglycemia                    |
| _____ Muscle Cramping / Twitching      | _____ Dry Cough                      | _____ Difficulty Digesting Oily Foods |
| _____ Tension                          | _____ Cough with Sputum              | _____ Nausea / Vomiting               |
| _____ Joints/Neck/Shoulder Pain/Tight  | _____ Nasal Discharge                | _____ Gas / Belching                  |
| _____ Poor Circulation                 | _____ Post-Nasal Drip                | _____ Insulin Sensitivity             |
| _____ Soft / Brittle Nails             | _____ Sinus Infection / Congestion   | _____ Hemorrhoids                     |
| _____ Emotional Eater                  | _____ Itchy, Red or Painful Throat   | _____ Constipation                    |
|  | _____ Dry Mouth / Throat / Nose      | _____ Diarrhea                        |
|  | _____ Skin Rashes / Hives            | _____ Abdominal Pain                  |
|  | _____ Snoring                        | _____ Indigestion / Heartburn         |
| <b><i>KIDNEY / URINARY BLADDER</i></b> | _____ Grief / Sadness                | _____ Over-Thinking                   |
| _____ Urinary Problems                 | _____ Shortness of Breath            | _____ Tendency to Gain Weight         |
| _____ Bladder Infection                | _____ Allergies / Asthma             | _____ Brain Foggy                     |
| _____ Lack of Bladder Control          | _____ Low Resistance to Colds or Flu |                                       |
| _____ Weakness / Pain in Lower Back    | _____ Sneezing                       |                                       |
| _____ Decrease Bone Density            | _____ Mild Fever Comes & Goes        |                                       |
| _____ Feel Cold Easily                 | _____ Smoke Cigarettes               |                                       |
| _____ Low Sex Drive                    |                                      |                                       |
| _____ Excess Sexual Desire             |                                      |                                       |
| _____ Poor Memory                      |                                      |                                       |
| _____ Loss of Hair                     |                                      |                                       |
| _____ Hearing Problems                 |                                      |                                       |
| _____ Cavities                         |                                      |                                       |
| _____ Craving / Avoiding Salty Foods   |                                      |                                       |
| _____ Fear                             |                                      |                                       |
| _____ Hot Flush / Night Sweating       |                                      |                                       |

## PERSONAL MEDICAL & FAMILY HEALTH HISTORY

Please indicate those that are current health problems for yourself and your family members with a "C" under the appropriate person's column. "P" should be used to indicate a past problem. Leave blank those that do not apply. If you require more space, use the reverse side of this form.

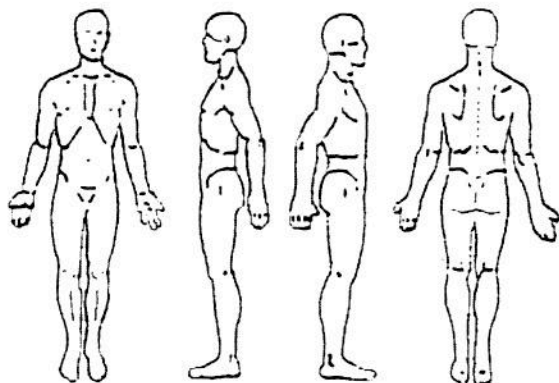
|                              | You | Father | Mother | Spouse | Brother(s) | Sister(s) | Children |
|------------------------------|-----|--------|--------|--------|------------|-----------|----------|
| <i>Age</i>                   |     |        |        |        |            |           |          |
| AIDS / HIV                   |     |        |        |        |            |           |          |
| Alcohol                      |     |        |        |        |            |           |          |
| Anxiety                      |     |        |        |        |            |           |          |
| Arthritis                    |     |        |        |        |            |           |          |
| Asthma / Hay Fever / Allergy |     |        |        |        |            |           |          |
| Back Trouble                 |     |        |        |        |            |           |          |
| Bursitis                     |     |        |        |        |            |           |          |
| Cancer                       |     |        |        |        |            |           |          |
| Constipation                 |     |        |        |        |            |           |          |
| Depression                   |     |        |        |        |            |           |          |
| Diabetes                     |     |        |        |        |            |           |          |
| Digestive Trouble            |     |        |        |        |            |           |          |
| Headaches                    |     |        |        |        |            |           |          |
| Heart Trouble                |     |        |        |        |            |           |          |
| Hepatitis                    |     |        |        |        |            |           |          |
| High Blood Pressure          |     |        |        |        |            |           |          |
| Immune Disorder              |     |        |        |        |            |           |          |
| Insomnia                     |     |        |        |        |            |           |          |
| Kidney Trouble               |     |        |        |        |            |           |          |
| Liver Trouble                |     |        |        |        |            |           |          |
| Migraine                     |     |        |        |        |            |           |          |
| Neck Pain                    |     |        |        |        |            |           |          |
| Thyroid Disorder             |     |        |        |        |            |           |          |
| Tobacco                      |     |        |        |        |            |           |          |
| Weight Problem               |     |        |        |        |            |           |          |
| Other Emotional Problems:    |     |        |        |        |            |           |          |
| Other:                       |     |        |        |        |            |           |          |

If any of the above family members are deceased, please list their age at death and cause.

### MUSCULOSKELETAL

- |  |  |   |
|--|--|---|
| <input type="checkbox"/> Muscle Cramps – Where?  | <input type="checkbox"/> Muscle Pain / Rheumatism – Where? | <input type="checkbox"/> Arthritis – Where? |
| <input type="checkbox"/> Joint Swelling – Where? | <input type="checkbox"/> Tendonitis – Where?               | <input type="checkbox"/> Bursitis – Where?  |

Please mark problem areas on diagram:



#### Describe Pain and Location

- |                                |                                       |                                 |
|--------------------------------|---------------------------------------|---------------------------------|
| <input type="checkbox"/> Sharp | <input type="checkbox"/> Burning      | <input type="checkbox"/> Aching |
| <input type="checkbox"/> Fixed | <input type="checkbox"/> Other: _____ |                                 |
| <input type="checkbox"/> Sharp | <input type="checkbox"/> Burning      | <input type="checkbox"/> Aching |
| <input type="checkbox"/> Fixed | <input type="checkbox"/> Other: _____ |                                 |
| <input type="checkbox"/> Sharp | <input type="checkbox"/> Burning      | <input type="checkbox"/> Aching |
| <input type="checkbox"/> Fixed | <input type="checkbox"/> Other: _____ |                                 |



**Women Only**

Hysterectomy – Ovaries Removed?  Yes  No  
Could You be Pregnant Now?  Yes  No

Number Of: \_\_\_ Pregnancies \_\_\_ Miscarriages  
\_\_\_ Births \_\_\_ Abortions

Post-menopausal Bleeding  Yes  No

When did your last period end? \_\_\_\_\_

Number of days for monthly cycle? \_\_\_\_\_

Number of days bleeding lasts? \_\_\_\_\_

Describe Menstrual Flow:

Heavy  Moderate  Light  None

Color of Menstrual Flow:

Dark  Bright Red  Slightly Reddish

Birth Control:

None  IUD  Birth Control Pills  
 Spermicides  Barriers

***Do You Suffer From:***

Cramping (*Mark as appropriate*)  
 Severe  Moderate  
 Mild  Before Period  
 During Period  After Period

Clotting (*Mark as appropriate*)  
 Bright in Color  Dark in Color

Bleeding Between Periods  Infertility  
 Pelvic Inflamm. Disease  Ovarian Cysts  
 Endometriosis  Hot Flashes  
 Mastitis  Breast Cysts  
 Yeast Infection / Vaginitis / Other Discharge

Premenstrual Syndrome (*Mark as appropriate*)  
 Fluid Retention  Cravings  
 Fluctuating Emotions  Irritability  
 Tenderness in Breasts  Depression  
 Fatigue

**Men Only**

Impotence  Weak Erection  
 Discharge from Penis  Prostate Problems  
 Testicular Pain or Lump  Infertility  
 Premature Ejaculation  Low Sex Drive

**Men and Women**

**Supplements**

| Name | Purpose | How Long |
|------|---------|----------|
|      |         |          |
|      |         |          |
|      |         |          |
|      |         |          |
|      |         |          |
|      |         |          |
|      |         |          |

**Diet**

| What kinds (circle)         | How much per day/week |
|-----------------------------|-----------------------|
| Sugar: Candy                |                       |
| Cookies / Baked goods       |                       |
| Regular Soda / Diet Soda    |                       |
| Chocolate                   |                       |
| Diary: Milk                 |                       |
| Cheese                      |                       |
| Yogurt                      |                       |
| Ice-cream                   |                       |
| White Flour: Bread          |                       |
| Pasta                       |                       |
| Coffee                      |                       |
| Alcohol                     |                       |
| Protein 50g per day?        |                       |
| Eggs                        |                       |
| Dark green/vegetables       |                       |
| Fruits                      |                       |
| Eat Breakfast?              |                       |
| Eat fast food / on the run? |                       |

**Additional Notes**

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**Thank you for completing this form. Your time is greatly appreciated and we value this opportunity to serve you!**

# Metabolic Assessment Form™

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Sex: \_\_\_\_\_ Date: \_\_\_\_\_

## PART I

Please list your 5 major health concerns in order of importance:

1. \_\_\_\_\_ 4. \_\_\_\_\_  
 2. \_\_\_\_\_ 5. \_\_\_\_\_  
 3. \_\_\_\_\_

## PART II

Please circle the appropriate number on all questions below. 0 as the least/never to 3 as the most/always.

|  |  |
|--|--|
| <p><b>Category I</b></p> <p>Feeling that bowels do not empty completely      0 1 2 3</p> <p>Lower abdominal pain relieved by passing stool or gas      0 1 2 3</p> <p>Alternating constipation and diarrhea      0 1 2 3</p> <p>Diarrhea      0 1 2 3</p> <p>Constipation      0 1 2 3</p> <p>Hard, dry, or small stool      0 1 2 3</p> <p>Coated tongue or "fuzzy" debris on tongue      0 1 2 3</p> <p>Pass large amount of foul-smelling gas      0 1 2 3</p> <p>More than 3 bowel movements daily      0 1 2 3</p> <p>Use laxatives frequently      0 1 2 3</p> <p><b>Category II</b></p> <p>Increasing frequency of food reactions      0 1 2 3</p> <p>Unpredictable food reactions      0 1 2 3</p> <p>Aches, pains, and swelling throughout the body      0 1 2 3</p> <p>Unpredictable abdominal swelling      0 1 2 3</p> <p>Frequent bloating and distention after eating      0 1 2 3</p> <p>Abdominal intolerance to sugars and starches      0 1 2 3</p> <p><b>Category III</b></p> <p>Intolerance to smells      0 1 2 3</p> <p>Intolerance to jewelry      0 1 2 3</p> <p>Intolerance to shampoo, lotion, detergents, etc      0 1 2 3</p> <p>Multiple smell and chemical sensitivities      0 1 2 3</p> <p>Constant skin outbreaks      0 1 2 3</p> <p><b>Category IV</b></p> <p>Excessive belching, burping, or bloating      0 1 2 3</p> <p>Gas immediately following a meal      0 1 2 3</p> <p>Offensive breath      0 1 2 3</p> <p>Difficult bowel movements      0 1 2 3</p> <p>Sense of fullness during and after meals      0 1 2 3</p> <p>Difficulty digesting fruits and vegetables; undigested food found in stools      0 1 2 3</p> <p><b>Category V</b></p> <p>Stomach pain, burning, or aching 1-4 hours after eating      0 1 2 3</p> <p>Use of antacids      0 1 2 3</p> <p>Feel hungry an hour or two after eating      0 1 2 3</p> <p>Heartburn when lying down or bending forward      0 1 2 3</p> <p>Temporary relief by using antacids, food, milk, or carbonated beverages      0 1 2 3</p> <p>Digestive problems subside with rest and relaxation      0 1 2 3</p> <p>Heartburn due to spicy foods, chocolate, citrus, peppers, alcohol, and caffeine      0 1 2 3</p> <p><b>Category VI</b></p> <p>Roughage and fiber cause constipation      0 1 2 3</p> <p>Indigestion and fullness last 2-4 hours after eating      0 1 2 3</p> <p>Pain, tenderness, soreness on left side under rib cage      0 1 2 3</p> <p>Excessive passage of gas      0 1 2 3</p> <p>Nausea and/or vomiting      0 1 2 3</p> <p>Stool undigested, foul smelling, mucus like, greasy, or poorly formed      0 1 2 3</p> <p>Frequent urination      0 1 2 3</p> <p>Increased thirst and appetite      0 1 2 3</p> | <p><b>Category VII</b></p> <p>Abdominal distention after consumption of fiber, starches, and sugar      0 1 2 3</p> <p>Abdominal distention after certain probiotic or natural supplements      0 1 2 3</p> <p>Lowered gastrointestinal motility, constipation      0 1 2 3</p> <p>Raised gastrointestinal motility, diarrhea      0 1 2 3</p> <p>Alternating constipation and diarrhea      0 1 2 3</p> <p>Suspicion of nutritional malabsorption      0 1 2 3</p> <p>Frequent use of antacid medication      0 1 2 3</p> <p>Have you been diagnosed with Celiac Disease, Irritable Bowel Syndrome, Diverticulosis/Diverticulitis, or Leaky Gut Syndrome?      Yes No</p> <p><b>Category VIII</b></p> <p>Greasy or high-fat foods cause distress      0 1 2 3</p> <p>Lower bowel gas and/or bloating several hours after eating      0 1 2 3</p> <p>Bitter metallic taste in mouth, especially in the morning      0 1 2 3</p> <p>Burpy, fishy taste after consuming fish oils      0 1 2 3</p> <p>Difficulty losing weight      0 1 2 3</p> <p>Unexplained itchy skin      0 1 2 3</p> <p>Yellowish cast to eyes      0 1 2 3</p> <p>Stool color alternates from clay colored to normal brown      0 1 2 3</p> <p>Reddened skin, especially palms      0 1 2 3</p> <p>Dry or flaky skin and/or hair      0 1 2 3</p> <p>History of gallbladder attacks or stones      0 1 2 3</p> <p>Have you had your gallbladder removed?      Yes No</p> <p><b>Category IX</b></p> <p>Acne and unhealthy skin      0 1 2 3</p> <p>Excessive hair loss      0 1 2 3</p> <p>Overall sense of bloating      0 1 2 3</p> <p>Bodily swelling for no reason      0 1 2 3</p> <p>Hormone imbalances      0 1 2 3</p> <p>Weight gain      0 1 2 3</p> <p>Poor bowel function      0 1 2 3</p> <p>Excessively foul-smelling sweat      0 1 2 3</p> <p><b>Category X</b></p> <p>Crave sweets during the day      0 1 2 3</p> <p>Irritable if meals are missed      0 1 2 3</p> <p>Depend on coffee to keep going/get started      0 1 2 3</p> <p>Get light-headed if meals are missed      0 1 2 3</p> <p>Eating relieves fatigue      0 1 2 3</p> <p>Feel shaky, jittery, or have tremors      0 1 2 3</p> <p>Agitated, easily upset, nervous      0 1 2 3</p> <p>Poor memory/forgetful      0 1 2 3</p> <p>Blurred vision      0 1 2 3</p> <p><b>Category XI</b></p> <p>Fatigue after meals      0 1 2 3</p> <p>Crave sweets during the day      0 1 2 3</p> <p>Eating sweets does not relieve cravings for sugar      0 1 2 3</p> <p>Must have sweets after meals      0 1 2 3</p> <p>Waist girth is equal or larger than hip girth      0 1 2 3</p> <p>Frequent urination      0 1 2 3</p> <p>Increased thirst and appetite      0 1 2 3</p> <p>Difficulty losing weight      0 1 2 3</p> |
|--|--|

|  |   |   |   |   |
|--|---|---|---|---|
| <b>Category XII</b>  |   |   |   |   |
| Cannot stay asleep   | 0 | 1 | 2 | 3 |
| Crave salt   | 0 | 1 | 2 | 3 |
| Slow starter in the morning  | 0 | 1 | 2 | 3 |
| Afternoon fatigue  | 0 | 1 | 2 | 3 |
| Dizziness when standing up quickly                                   | 0 | 1 | 2 | 3 |
| Afternoon headaches  | 0 | 1 | 2 | 3 |
| Headaches with exertion or stress                                    | 0 | 1 | 2 | 3 |
| Weak nails   | 0 | 1 | 2 | 3 |
| <b>Category XIII</b>   |   |   |   |   |
| Cannot fall asleep   | 0 | 1 | 2 | 3 |
| Perspire easily  | 0 | 1 | 2 | 3 |
| Under a high amount of stress  | 0 | 1 | 2 | 3 |
| Weight gain when under stress  | 0 | 1 | 2 | 3 |
| Wake up tired even after 6 or more hours of sleep                    | 0 | 1 | 2 | 3 |
| Excessive perspiration or perspiration with little or no activity    | 0 | 1 | 2 | 3 |
| <b>Category XIV</b>  |   |   |   |   |
| Edema and swelling in ankles and wrists                              | 0 | 1 | 2 | 3 |
| Muscle cramping  | 0 | 1 | 2 | 3 |
| Poor muscle endurance  | 0 | 1 | 2 | 3 |
| Frequent urination   | 0 | 1 | 2 | 3 |
| Frequent thirst  | 0 | 1 | 2 | 3 |
| Crave salt   | 0 | 1 | 2 | 3 |
| Abnormal sweating from minimal activity                              | 0 | 1 | 2 | 3 |
| Alteration in bowel regularity                                       | 0 | 1 | 2 | 3 |
| Inability to hold breath for long periods                            | 0 | 1 | 2 | 3 |
| Shallow, rapid breathing   | 0 | 1 | 2 | 3 |
| <b>Category XV</b>   |   |   |   |   |
| Tired/sluggish   | 0 | 1 | 2 | 3 |
| Feel cold—hands, feet, all over                                      | 0 | 1 | 2 | 3 |
| Require excessive amounts of sleep to function properly              | 0 | 1 | 2 | 3 |
| Increase in weight even with low-calorie diet                        | 0 | 1 | 2 | 3 |
| Gain weight easily   | 0 | 1 | 2 | 3 |
| Difficult, infrequent bowel movements                                | 0 | 1 | 2 | 3 |
| Depression/lack of motivation  | 0 | 1 | 2 | 3 |
| Morning headaches that wear off as the day progresses                | 0 | 1 | 2 | 3 |
| Outer third of eyebrow thins   | 0 | 1 | 2 | 3 |
| Thinning of hair on scalp, face, or genitals, or excessive hair loss | 0 | 1 | 2 | 3 |
| Dryness of skin and/or scalp   | 0 | 1 | 2 | 3 |
| Mental sluggishness  | 0 | 1 | 2 | 3 |
| <b>Category XVI</b>  |   |   |   |   |
| Heart palpitations   | 0 | 1 | 2 | 3 |
| Inward trembling   | 0 | 1 | 2 | 3 |
| Increased pulse even at rest   | 0 | 1 | 2 | 3 |
| Nervous and emotional  | 0 | 1 | 2 | 3 |
| Insomnia   | 0 | 1 | 2 | 3 |

|   |   |     |    |       |
|---|---|-----|----|-------|
| <b>Category XVI (Cont.)</b>                         |   |     |    |       |
| Night sweats  | 0 | 1   | 2  | 3     |
| Difficulty gaining weight                           | 0 | 1   | 2  | 3     |
| <b>Category XVII (Males Only)</b>                   |   |     |    |       |
| Urination difficulty or dribbling                   | 0 | 1   | 2  | 3     |
| Frequent urination                                  | 0 | 1   | 2  | 3     |
| Pain inside of legs or heels                        | 0 | 1   | 2  | 3     |
| Feeling of incomplete bowel emptying                | 0 | 1   | 2  | 3     |
| Leg twitching at night                              | 0 | 1   | 2  | 3     |
| <b>Category XVIII (Males Only)</b>                  |   |     |    |       |
| Decreased libido                                    | 0 | 1   | 2  | 3     |
| Decreased number of spontaneous morning erections   | 0 | 1   | 2  | 3     |
| Decreased fullness of erections                     | 0 | 1   | 2  | 3     |
| Difficulty maintaining morning erections            | 0 | 1   | 2  | 3     |
| Spells of mental fatigue                            | 0 | 1   | 2  | 3     |
| Inability to concentrate                            | 0 | 1   | 2  | 3     |
| Episodes of depression                              | 0 | 1   | 2  | 3     |
| Muscle soreness                                     | 0 | 1   | 2  | 3     |
| Decreased physical stamina                          | 0 | 1   | 2  | 3     |
| Unexplained weight gain                             | 0 | 1   | 2  | 3     |
| Increase in fat distribution around chest and hips  | 0 | 1   | 2  | 3     |
| Sweating attacks                                    | 0 | 1   | 2  | 3     |
| More emotional than in the past                     | 0 | 1   | 2  | 3     |
| <b>Category XIX (Menstruating Females Only)</b>     |   |     |    |       |
| Perimenopausal                                      |   | Yes | No |       |
| Alternating menstrual cycle lengths                 |   | Yes | No |       |
| Extended menstrual cycle (greater than 32 days)     |   | Yes | No |       |
| Shortened menstrual cycle (less than 24 days)       |   | Yes | No |       |
| Pain and cramping during periods                    | 0 | 1   | 2  | 3     |
| Scanty blood flow                                   | 0 | 1   | 2  | 3     |
| Heavy blood flow                                    | 0 | 1   | 2  | 3     |
| Breast pain and swelling during menses              | 0 | 1   | 2  | 3     |
| Pelvic pain during menses                           | 0 | 1   | 2  | 3     |
| Irritable and depressed during menses               | 0 | 1   | 2  | 3     |
| Acne  | 0 | 1   | 2  | 3     |
| Facial hair growth                                  | 0 | 1   | 2  | 3     |
| Hair loss/thinning                                  | 0 | 1   | 2  | 3     |
| <b>Category XX (Menopausal Females Only)</b>        |   |     |    |       |
| How many years have you been menopausal?            |   |     |    | years |
| Since menopause, do you ever have uterine bleeding? |   | Yes | No |       |
| Hot flashes   | 0 | 1   | 2  | 3     |
| Mental fogginess                                    | 0 | 1   | 2  | 3     |
| Disinterest in sex                                  | 0 | 1   | 2  | 3     |
| Mood swings   | 0 | 1   | 2  | 3     |
| Depression  | 0 | 1   | 2  | 3     |
| Painful intercourse                                 | 0 | 1   | 2  | 3     |
| Shrinking breasts                                   | 0 | 1   | 2  | 3     |
| Facial hair growth                                  | 0 | 1   | 2  | 3     |
| Acne  | 0 | 1   | 2  | 3     |
| Increased vaginal pain, dryness, or itching         | 0 | 1   | 2  | 3     |

**PART III**

How many alcoholic beverages do you consume per week? \_\_\_\_\_ Rate your stress level on a scale of 1-10 during the average week: \_\_\_\_\_

How many caffeinated beverages do you consume per day? \_\_\_\_\_ How many times do you eat fish per week? \_\_\_\_\_

How many times do you eat out per week? \_\_\_\_\_ How many times do you work out per week? \_\_\_\_\_

How many times do you eat raw nuts or seeds per week? \_\_\_\_\_

List the three worst foods you eat during the average week: \_\_\_\_\_

List the three healthiest foods you eat during the average week: \_\_\_\_\_

**PART IV**

Please list any medications you currently take and for what conditions:

Please list any natural supplements you currently take and for what conditions:



**INTEGRATIVE HEALTH, INC.**  
**WELLNESS CENTER**  
EXPERTS PROVIDING NATURAL HEALTHCARE

5191 S Yosemite St, Suite B, Greenwood Village, CO 80111

Phone: 303-577-9977 Fax: 303-694-4341

www.IntegrativeHealthInc.com

**Consent For Care**

I, \_\_\_\_\_, hereby grant permission to all providers at 5191 S Yosemite Street to perform such examinations and therapeutic treatments.

I understand that my record will be kept confidential and will not be released to others unless they are involved in my care plan. I understand that I may look at my records at anytime and I can request a copy of it. I am not forced by anyone to accept medical treatment.

**Authorization To Release Information**

I AUTHORIZE all providers to release any information required to process this claim to any insurance company or attorney in this case. I also authorize any insurance company or medical provider to release my medical records to ALL providers here. This information is to be used for the purpose of preceding my claim for benefits due. I hereby agree that a photocopy of this document is valid and effective as the original copy.

**Payment Agreement**

I hereby authorize my insurance benefits to be paid directly to ALL providers. I assume full responsibility for and agree to pay all costs, charges and expenses of every kind and service furnished by ALL providers. Discounts are available with prepaid packages. Purchasing a package enrolls me in Integrative Health's Health and Wellness Membership at no additional cost. I must pay charges and services not covered by any insurer third-party and/or paid to ALL providers for any reason within a time period ALL providers deem reasonable. The amount of the bill shall be due and payable upon presentation to the patient, his/her agent, guardian, conservator or third party responsible for payment of the charges.

**Cancellation Notice**

KINDLY GIVE 24 HOURS NOTICE OF CANCELLATION. LATE CANCELLATIONS ARE SUBJECT TO A 50% CANCELLATION FEE. NO SHOWS OR CANCELLATION OF LESS THAN 2 HOURS BEFORE SCHEDULED APPOINTMENT ARE SUBJECT TO A 100% CANCELLATION FEE. Call-backs or email reminders are a courtesy and you are ultimately responsible for your appointment.

\_\_\_\_\_  
Your Printed Name

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date





**INTEGRATIVE HEALTH, INC.**  
**WELLNESS CENTER**  
 EXPERTS PROVIDING NATURAL HEALTHCARE

5191 S Yosemite St, Suite B, Greenwood Village, CO 80111

Phone: 303-577-9977 Fax: 303-694-4341

www.IntegrativeHealthInc.com

**Consent for Purpose of Treatment and Healthcare Operations**

*In this document, "I" and "my" refer to the patient/client*

I consent to the use or disclosure of my protected health information by Integrative Health for the purpose of analyzing, diagnosing and providing treatment to me, obtaining payment for my health care bills or to conduct health care operations. I understand that analysis, diagnosis or treatment of me by Integrative Health 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, Integrative Health is not required to agree to the restrictions that I may request. However, if Integrative Health agrees to a restriction that I request, the restriction is binding on Integrative Health. I have the right to revoke this consent, in writing at any time, except to the extent that Integrative Health has taken action in the reliance on the 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, health plan, my employer or a health care clearing house. This protected health information relates to my past, present or future physical or mental health condition and identifies me, or there is a reasonable basis to believe the information may identify me.

I may obtain a copy of the Notice of Privacy Practices of Integrative Health and understand that I have the right to read that 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 Integrative Health, as well as my rights and duties of Integrative Health with respect to my protected health information. The Notice of Privacy Practices for Integrative Health is located in our waiting room.

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Your Printed Name

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Signature

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Date

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Description of Personal Representatives Authority



# **INSURANCE BILLING INFORMATION**

Dealing with insurance can be a complicated and confusing process. This information is meant to clear up any questions you might have when billing your insurance. The process takes a few steps:

1. We will copy your insurance card, call and verify your benefits. Our trained staff will find out if there is a deductible that you must pay for before your insurance company will pay, and if you have met any of it yet. We will also find out if you need to pay a copay at the time of service.
2. Once you have been qualified for the specific service you are coming in for, our contracted external billing company will bill your insurance. Specific legal codes designated to the service you received are used, which have an assigned amount of time and fee attached to each. We must abide by these codes and they cannot be changed. The codes dictate the overall price at which the insurance company is charged, which is usually higher than our cash price that is paid at time of service.
3. Once the insurance companies receive the bill, they may deny it based on a variety of reasons, this is a usual cat and mouse game, so don't worry if you receive a denial bill in the mail. Once we fulfill their request, then they decide on how much of the bill they are going to pay. For example, the insurance company gets a bill for \$250.00, they may decide to pay \$45.00. This could take 1 to 6 months or more, so don't worry if you are not receiving anything in the mail for a while.
4. If your insurance benefits state that your insurance company will only cover a percentage of the charges, you may be responsible for paying the difference. This is called co-insurance and depending on the amount of time it took for the provider to get paid and the amount that was reimbursed, we may be able to waive or reduce the co-insurance.

Your understanding of this process is critical in our working relationship of provider and patient. Thank you for taking the time to read this letter, for further questions please inquire at our front desk.

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Your Printed Name

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Signature

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Date



**INTEGRATIVE HEALTH, INC.**  
**WELLNESS CENTER**  
EXPERTS PROVIDING NATURAL HEALTHCARE

I, \_\_\_\_\_ understand Integrative Health Wellness Center is a wellness building that houses a variety of health professional businesses. As a patient you realize you are not being treated by Integrative Health Inc., but the specific provider's business you are seen by. Integrative Health is not your health care provider and cannot be held responsible to any harm or damages to your person.

By signing this form you understand the stated fact and release Integrative Health Inc. from any damages that could occur to my person.

\_\_\_\_\_  
Print Full Name

\_\_\_\_\_  
Signature

Date \_\_\_\_\_