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Welcome! Please take the time to fill out this questionnaire fully. Your answers are strictly confidential. If you have any questions, please feel free to ask.

Today's Date _____

Name _____ Age _____ Date of Birth _____

Address _____ City _____

State _____ Zip _____ E-mail _____

Tel: Home _____ Cell _____ Work _____

Ok for me to send you appointment reminders via text message and/or call? ☐ Y ☐ N

Height _____ Weight _____ Sex: ☐ M ☐ F

Occupation _____ Who referred you? _____

Name & Tel # of Physician _____

OK for me to contact? ☐ Y ☐ N

Emergency Contact Name & Tel# _____

Relationship _____

Insurance Information:

Name of Primary Insurance _____

Subscriber's Name _____

Subscriber ID /Member Number _____

Subscriber's Birthday _____ Patient's Relationship to Subscriber _____

Telephone Number of Insurance _____

Name of Secondary Insurance _____

Subscriber's Name _____

Subscriber ID/ Member Number _____

Subscriber's Birthday _____ Patient's Relationship to Subscriber _____

Telephone Number of Insurance _____

Are you currently pregnant? _____ Are you presently trying to become pregnant? _____

Have you received acupuncture before? _____ If so, for what condition? _____

What was the outcome? _____

What would you like treated by acupuncture? _____

How long have you had this condition? _____ The onset was ☐ Sudden or ☐ Gradual?

What were the circumstances? _____

What medical diagnosis have you received, if any? _____

What kinds of treatment or therapy have you tried? _____

How has this condition affected your daily activities? _____

What makes this condition better? _____ worse? _____

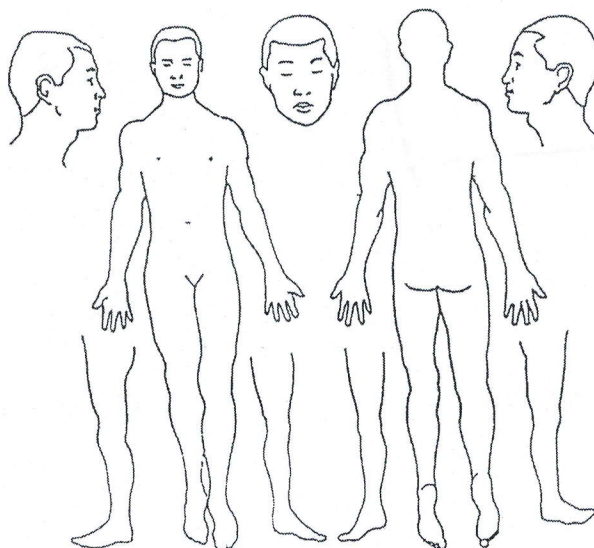
Rate the intensity of the physical discomfort of this condition:

(None) 0 1 2 3 4 5 6 7 8 9 10 (Unbearable)

How emotionally distressed are you by this condition?

(Not at all) 0 1 2 3 4 5 6 7 8 9 10 (Extremely)

Please shade any areas of pain or distress on the diagram below:



Medical History Please check off any current or former conditions and include dates as well as any relevant information.

- | | |
|---|---|
| <input type="checkbox"/> AIDS/HIV _____ | <input type="checkbox"/> any neuropathies? _____ |
| <input type="checkbox"/> Alcoholism/ Drug Abuse _____ | |
| <input type="checkbox"/> Allergies _____ | <input type="checkbox"/> Anemia _____ |
| <input type="checkbox"/> Asthma/ Bronchitis _____ | <input type="checkbox"/> difficulty inhaling <input type="checkbox"/> difficulty exhaling |
| <input type="checkbox"/> Bell's Palsy _____ | <input type="checkbox"/> Blood clotting disorder _____ |
| <input type="checkbox"/> Bipolar disorder _____ | <input type="checkbox"/> Cancer/Tumor _____ |
| <input type="checkbox"/> Chron's Disease & / or colitis _____ | |

- | | |
|---|--|
| <input type="checkbox"/> Chronic Fatigue Syndrome (CFIDS) _____ | <input type="checkbox"/> Depression (Major) _____ |
| <input type="checkbox"/> Diabetes-Type _____ | any neuropathies? _____ |
| <input type="checkbox"/> Eczema _____ | <input type="checkbox"/> Emphysema _____ |
| <input type="checkbox"/> Endometriosis _____ | <input type="checkbox"/> Fibroids _____ |
| <input type="checkbox"/> Fibromyalgia _____ | <input type="checkbox"/> Gallstones _____ |
| <input type="checkbox"/> Heart Disease _____ | |
| <input type="checkbox"/> Hepatitis A/B/C - please specify _____ | |
| <input type="checkbox"/> Hernia _____ | <input type="checkbox"/> Herpes - Type _____ |
| <input type="checkbox"/> Hypertension _____ | <input type="checkbox"/> Hypoglycemia _____ |
| <input type="checkbox"/> Irritable Bowel Syndrome (IBS) _____ | |
| <input type="checkbox"/> Joint Replacement _____ | <input type="checkbox"/> Kidney Stones and /or Disease _____ |
| <input type="checkbox"/> Lupus _____ | <input type="checkbox"/> Lyme disease _____ |
| <input type="checkbox"/> Lymph Nodes removed - where? _____ | can you have injections on that side? _____ |
| <input type="checkbox"/> Mitral Valve Prolapse _____ | <input type="checkbox"/> Mood Disorder _____ |
| <input type="checkbox"/> Multiple Sclerosis _____ | <input type="checkbox"/> Organ Transplant/ Removed _____ |
| <input type="checkbox"/> Osteoarthritis _____ | <input type="checkbox"/> Osteoporosis _____ |
| <input type="checkbox"/> Pacemaker _____ | |
| <input type="checkbox"/> Parkinson's Disease _____ | <input type="checkbox"/> Pelvic Inflammatory Disease _____ |
| <input type="checkbox"/> Polio _____ | spinal segments involved _____ |
| <input type="checkbox"/> Psoriasis _____ | <input type="checkbox"/> PTSD (Post-Traumatic Stress Disorder) _____ |
| <input type="checkbox"/> Reflux Esophagitis (GERD) _____ | <input type="checkbox"/> Rheumatic or Scarlet Fever _____ |
| <input type="checkbox"/> Rheumatoid Arthritis _____ | <input type="checkbox"/> Seizures and/or Epilepsy _____ |
| <input type="checkbox"/> Shingles _____ | <input type="checkbox"/> Stroke _____ |
| <input type="checkbox"/> Schizophrenia _____ | <input type="checkbox"/> Thyroid disease _____ |
| <input type="checkbox"/> Tuberculosis _____ | <input type="checkbox"/> Trigeminal Neuralgia _____ |
| <input type="checkbox"/> Other _____ | |

Vaccination History: Any reaction that you remember? Any unusual vaccinations?

Please describe any significant accidents, injuries, trauma, illnesses, and surgeries:

Birth complications/trauma (your own), if any _____

Age _____

Age _____

Age _____

Age _____

Age _____

Age _____

Scars from injury/surgery (even minor): _____

Medications Please list all medications (including over-the counter), herbs, vitamins and minerals you are taking and their indications. _____

Family Medical history

Please note all major illnesses in your close family, e.g. diabetes, heart disease, hypertension, neurological disorders, psychological disorders, blood disorders, hepatitis, high cholesterol, cancer, etc.

Mother _____
Father _____
Siblings _____
Maternal Grandparents _____
Paternal Grandparents _____

Diet and Lifestyle

How is your appetite? ☐ Good ☐ Poor ☐ No appetite ☐ Hungry all the time

Any food cravings? _____

Any food intolerances? _____

Are you vegetarian? _____ How many years? _____

How do you feel emotionally around food? _____

Any history of an eating disorder? _____

Thirst: ☐ Always thirsty ☐ Never thirsty ☐ Thirsty, but no desire to drink ☐ Dry mouth ☐ Bitter taste

Do you prefer ☐ Hot or ☐ Cold drinks? Do you more often feel ☐ Hot or ☐ Cold?

How much and how often do you have the following:

Meat _____ day/wk, Sugar/Sweets _____ day/wk, Caffeine (Coffee, Tea, Soda) _____ day/wk,

Dairy (milk, cheese, yogurt, ice cream) _____ day/wk, Water _____ day/wk,

Alcoholic beverages _____ day/wk

How is your energy? _____ What time of day is it highest? _____ lowest? _____

Are you a ☐ Morning person? ☐ Night owl?

What kind of exercise do you do? _____

How often? _____ Does exercise: ☐ give you energy or ☐ make you tired?

Any unusual sweating? _____ Dizziness? _____

How do you feel emotionally? _____

Do you have: ☐ depression ☐ anxiety ☐ panic attacks ☐ insomnia ☐ irritability/short temper

☐ poor memory ☐ difficult concentration ☐ feeling overwhelmed ☐ extreme mood swings

☐ extreme lack of emotion ☐ other _____

☐ Single, ☐ Stable relationship, ☐ Married, ☐ Divorced/ Separated, ☐ Widowed

How do you feel about your relationship? _____

How is your sexual energy? _____

How do you feel about your work? _____

What aspect of your life do you find most stressful? _____

How / where do you hold stress? _____

How do you relax? _____

How many hours do you generally sleep per night? _____ Do you have night sweats? _____

Do you have trouble ☐ falling asleep ☐ staying asleep ☐ dream disturbed sleep

Do you wake at the same time every night? What time _____

Do you use prescription or recreational drugs to help you relax or sleep? _____

Please **circle** any condition you have now, and **underline** any condition you have had in the past:

Musculoskeletal: Muscle pain/ tightness/ cramping. Spasms. Weakness. Repetitive strain. Tendonitis. Arthritis/Joint pain. Joint clicking. Limitation of movement. Rheumatism. Swollen joints. Bone pain. Where? _____

Pain is: Sharp. Burning. Dull/Aching. Deep. Superficial. Shooting. Tingling. Numb. Better with heat. Better with cold. Better with rest. Better with movement or massage. Worse in AM/ PM.

Gastro-intestinal: How often do you move your bowels? _____

Difficult or painful bowel movement. Constipation. Diarrhea/Loose stool. Alternating constipation/diarrhea. Hard stool. Burning. Undigested food in stool. Abdominal pain. Distention/Bloating. Gas. Nausea. Vomiting. Vomiting with blood. Foul breath. Belching. Acid reflux. Lack of stomach acid. Heartburn. Indigestion. Blood in stool. Black stool. Hemorrhoids. Chronic laxative use. Feel bloated/ tired after eating. Ulcer. Other _____

Respiratory, Eyes, Ears, Nose, Throat, & Head:

Do you smoke cigarettes? _____ day/wk, for _____ years

Chronic cough. Coughing blood. Coughing mucus. Asthma/Wheezing. Shortness of breath on exertion/at rest. Difficulty breathing lying down. Excessive phlegm. Frequent colds. Nose bleeds. Chronic runny nose. Chronic stuffy nose. Post-nasal drip. Sinus Infections. Yellow mucus.

Painful/Red eyes. Poor vision. See spots/Floaters. Night blindness. Blurry vision. Problems with balance (vertigo). Ear pain/infections. Poor hearing. Ringing in ears. Sore throat. Streptococci infections. Bleeding gums. Sores on lips or tongue. Gum problems. Dental abscess. Facial pain. TMJ /Jaw pain.

Other _____

Frequent headaches/migraines describe _____

Cardiovascular: Have you been diagnosed with any heart trouble? _____

What is your blood pressure? _____ Fast pulse >100 bpm. Slow pulse <60 bpm. Chest pressure or pain. Shortness of breath. Palpitations/Arrhythmia. High blood pressure. Low blood pressure. Flushed face. Dizziness/Vertigo. Fainting. Diabetic neuropathy. Varicose veins. Cold hands and feet. Cold sweats. Poor circulation. Blood clots. Bruise easily. Swelling of the ankles or legs. Edema. Other heart or blood vessel problems _____

Skin, Hair, Nails: Dry skin. Rashes. Itching. Hives. Acne. Red face. Face flushes. Dry hair. Dandruff. Hair loss. Premature graying. Brittle nails. Fungal infections. Sweaty hands/ feet/ everywhere. No sweat. Night sweating. Other _____

Misc: Fatigue/Exhaustion. Motion sickness. Tremors/Tics. Dizziness. Poor balance. Fever. Chills. Headache with nausea. Hormone Imbalance. Thyroid imbalance. Hypoglycemia. Autoimmune disease. Emotional problem. Difficulty waking up in morning. Energetic all evening. Confusion. Changes in consciousness. Car/Sea/Air sickness. Teeth grinding.

Other _____

Urinary: Frequent urination. Painful urination. Burning urination. Blood in urine. Trouble starting stream. Urgency to urinate. Incontinence. Urinary tract infections. Pale urine. Dark yellow urine.

Do you wake at night to urinate? _____ other _____

Women: ☐ Currently using birth control medication. ☐ Used in past. For how many years? _____

What type? _____

Age of onset of menses _____ days between cycles _____ duration of flow _____

Color/quality of blood _____

Irregular menstruation. Long/ Short cycle. Pain before/During/ After menses.

Heavy/ Light/ No bleeding. Spotting between periods. Clots.

Number of pregnancies _____ deliveries _____ abortions/miscarriages _____ age at menopause _____

Pregnancy complications _____

Vaginal discharge: amount _____ color _____ quality _____ frequency _____

Vaginal itching/burning/ Discharge/ Pain. Yeast infection.

PMS symptoms: Emotional. Irritability. Breast tenderness. Breast lumps. Cramps. Related Headache. Low back pain. Other _____

Uterine Fibroids. Uterine Cysts. Hysterectomy. Tubal Ligation. Discharge from breasts.

Infertility. Menopausal symptoms. Reduced sexual energy. Genital sores. Genital pain. Abnormal vaginal bleeding. Pelvic pain.

Other _____

Men: Prostatitis. Impotence. Premature ejaculation. Seminal emission. Reduced sexual energy. Genital sores. Genital pain. Blood/mucus discharge. Vasectomy. Low sperm count/ motility.

Other _____

Type of contraception used? _____

Have you ever had a prostate examination? _____

Is there anything else you wish to bring to our attention?

Please describe your goals, hopes and expectations for acupuncture treatments:

THANK YOU for your honesty, as it will help us better understand your current state and allow us to move more accurately toward your improved health.

****All patients are advised under New York State Law to consult a physician regarding the condition or conditions for which they are seeking acupuncture treatment. In addition, patients are responsible for seeking the advice and treatment of a physician should their symptoms change for the worse, or should a new condition arise.**

Many insurance policies do cover acupuncture care but this office makes no representation that yours does. Insurance policies may vary greatly in terms of deductible and percentage of coverage for acupuncture care. Because of the variance from one insurance policy to another, we require that you, the patient, be personally responsible for the payment of your deductibles, as well as any unpaid balances in this office. We will do our best to verify your insurance coverage, and will bill your insurance in a timely manner.

I authorize my insurance benefits to be directly paid to the acupuncturist. I understand that I am financially responsible for any balance. If my insurance carrier sends payment to me for services incurred in this office, I agree to send or bring those payments to this office upon receipt. I authorize Antoinette Hoelting, L.Ac. or Frank S. Tang or the insurance company to release any information required to process my claims. I agree that I will pay the reduced fee of \$79 for an initial treatment and \$65 for each follow-up treatment due to financial difficulties if my insurance does not cover acupuncture treatments.

Signature of Patient or Patient Representative

Date

Practitioner Signature

Cancellation Policy

I understand that there is a 24-hour cancellation policy. I agree to pay the full price of a session if I cancel less than 24 hours within the scheduled appointment time.

Signature of Patient or Patient Representative

Date

Informed Consent

I consent to acupuncture treatments and related procedures, associated with Oriental Medicine, by Frank S. Tang, L.Ac. and Antoinette Hoelting, L.Ac. I have discussed the nature and purpose of my treatment with her and I understand that the methods of treatment may include but are not limited to acupuncture, moxibustion, cupping, gua sha, and electrical stimulation.

I have been informed that acupuncture is a safe method of treatment, but that it may have side effects, including bruising, tingling, numbness or mild pain near the needling sites that may last a few days,

and dizziness or fainting. Bruising is a common side effect of cupping and gua sha. An unusual risk of acupuncture includes spontaneous miscarriage, nerve damage, and organ puncture. Infection is another possible risk, although this office uses only sterile, disposable needles while maintaining a clean and safe environment. Burns and scarring are potential risks of using moxibustion. I understand that while this document describes the major risks of treatment, other side effects and risks may occur.

I do not expect the acupuncturist to be able to anticipate and explain all possible risks and complications of treatment. I wish to rely on the acupuncturist to exercise judgments during the course of treatment, and decide what she thinks is in my best interest, based upon the facts that are known at the time.

Since everyone responds to acupuncture differently, outcome of the treatment cannot be guaranteed. Some individuals may experience total or partial relief of their pain or symptoms after the first few treatments, while others may notice a steady, gradual improvement. In some cases, no relief may be felt at all until after several days go by. Some people may notice that their pain actually seems to be worse before it gets better.

I will notify the acupuncturist, who is caring for me, if I become pregnant.

By voluntarily signing below, I show that I have read or have had read to me, this consent to treatment. I have been told about the risks and benefits of acupuncture and other procedures and have had the opportunity to ask questions. I intend this consent form to cover the entire course of treatment for both the present condition and for any future conditions for which I seek treatment(s).

Signature of patient or patient representative

Date

Notice of HIPAA Privacy Practice

I have received the HIPAA privacy notice of Frank S. Tang & Antoinette Hoelting

Signature of patient or patient representative

Date

NOTICE OF PRIVACY PRACTICES

This notice summarizes how the health data about you may be used and shared and how you can get access to this data.

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

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

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

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

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

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

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

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

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