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? _____

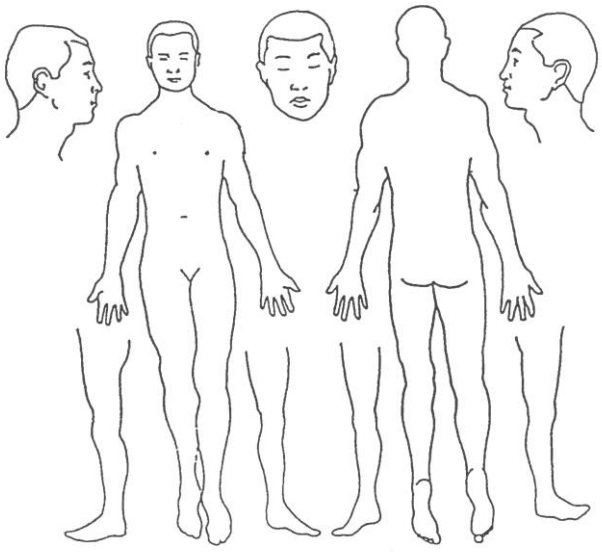
Rate the intensity of the physical discomfort of this condition:

(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.

❑ AIDS/HIV _____ any neuropathies? _____
❑ Alcoholism/ Drug Abuse _____
❑ Allergies _____ ❑ Anemia _____
❑ Asthma/ Bronchitis _____ ❑ difficulty inhaling ❑ difficulty exhaling
❑ Bell's Palsy _____ ❑Blood clotting disorder _____
❑ Bipolar disorder _____ ❑Cancer/Tumor_____
❑ Chron's Disease & / or colitis _____
❑ Chronic Fatigue Syndrome (CFIDS)_____ ❑Depression (Major)_____
❑ Diabetes-Type_____ any neuropathies?_____
❑ Eczema _____ ❑ Emphysema _____
❑ Endometriosis _____ ❑Fibroids_____
❑ Fibromyalgia_____ ❑Gallstones_____

❑ Heart Disease_____
❑ Hepatitis A/B/C - please specify _____
❑ Hernia _____ ❑ Herpes - Type _____
❑ Hypertension _____ ❑Hypoglycemia_____
❑ Irritable Bowel Syndrome (IBS)_____
❑ Joint Replacement_____ ❑Kidney Stones and /or Disease_____
❑ Lupus_____ ❑Lyme disease _____
❑ Lymph Nodes removed - where? _____ can you have injections on that side? _____
❑ Mitral Valve Prolapse_____ ❑Mood Disorder_____
❑ Multiple Sclerosis _____ ❑Organ Transplant/ Removed _____
❑ Osteoarthritis _____ ❑Osteoporosis_____
❑ Pacemaker _____
❑ Parkinson's Disease_____ ❑Pelvic Inflammatory Disease_____
❑ Polio _____spinal segments involved_____
❑ Psoriasis_____ ❑PTSD (Post-Traumatic Stress Disorder)_____
❑ Reflux Esophagistis (GERD)_____ ❑Rheumatic or Scarlet Fever _____
❑ Rheumatoid Arthritis _____ ❑ Seizures and/or Epilepsy _____
❑ Shingles_____ ❑Stroke_____
❑ Schizophrenia_____ ❑Thyroid disease _____
❑ Tuberculosis _____ ❑Trigeminal Neuralgia_____
❑ 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? _____

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 Cindy Zhang, L.Ac, 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 $75 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 Cindy Zhang, 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, herbal medicine, 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).

Cindy Zhang, L.Ac., is a separate independent business not affiliated with Notaro Chiropractic. Cindy Zhang, L.Ac. is a separate business operating located within the building space of Notaro Chiropractic only and Notaro Chiropractic is not responsible for any liability concerning the treatment of services under Cindy Zhang, L.Ac.

_____ _____

Signature of patient or patient representative **Date**

Notice of HIPAA Privacy Practice

I have received the HIPAA privacy notice of Cindy Zhang, L.Ac.

_____ _____

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

NOTIFICATION CONSENT:

Cindy Zhang, L.Ac., M.S.Ac., L.P.N., will now be sending reminder texts and calls for your convenience on upcoming appointments as friendly reminders.

Cindy Zhang, L.Ac., M.S.Ac., L.P.N., will also be sending emails monthly for our new monthly promotions on supplies.

Acupuncture & Reiki

By: Cindy Zhang, L.Ac., M.S.Ac., L.P.N.

(Located within Notaro Chiropractic)

*By signing this form, you agree to receive text messages, phone calls and emails regarding appointments and promotions from Cindy Zhang, L.Ac., M.S.Ac., L.P.N., its management company Chiropractic Office Solutions, agents, contractors, and assignees.

Audio and video recordings may be used at the front desk for quality assurance. The recordings are kept secure and are destroyed pursuant to a routine deletion policy.

Thank you.

Signature:_____

Date:_____

Acupuncture by Cindy Zhang, L.Ac

Additional Intake Questions (Please Circle Yes/No)

-Have you traveled anywhere outside of the United States or been on a cruise ship or airplane in the past 3 weeks? YES/NO

-If yes: were you in China, East Asia, Italy or Europe in the past three weeks?

-Have you been in contact with anyone who has travel outside of the country? YES/NO

-Have you been in close contact with anyone who is confirmed or to have or suspected of having COVID-19? YES/NO

-Are you experiencing shortness of breath, coughing, fever or other symptoms often associated with the flu? YES/NO

-Have you been tested and/or diagnosed with COVID-19? YES/NO

-Are you willing to be tested? YES/NO

-Have you had a fever in the last 14 days? YES/NO

-Do you have or have you had a respiratory illness in the last 14 days? YES/NO

-Have you or any family members been exposed to someone with COVID-19? YES/NO

- I understand that close contact with people increases the risk of infection from COVID-19. By signing this form I acknowledge that I am aware of the risks involved and give consent to receive acupuncture treatment from this practitioner.
- I understand that my name and contact information might be shared with the NYS Health Department in the event that a patient, practitioner, or employee at this facility tests positive for COVID-19. My contact details will only be shared in the event they are relevant based on suspected exposure date, and only for appropriate follow-up by the NYS Health Department.

By signing below you acknowledge that you have understood and answered the questions listed above to the best of your ability.

Name: _____

Signature: _____

Date: _____