



4004 SE Woodstock Boulevard
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www.portlandfamilyhealth.com

Welcome to Portland Family Health!

We are honored that you have chosen us as part of your wellness team. Here we believe that the collaboration of minds for a client's health is greater than one perspective alone. We each present unique specialties, that when combined, create a holistic and superior health team to benefit your care.

Our practitioner family at Portland Family Health includes:

- ❖ **Acupuncture** with Cultivate Wellness
- ❖ **Chiropractic & Craniosacral** with Growing Care
- ❖ **Counseling** with Beth Bassett
- ❖ **Health Education** with Mary Makenna
- ❖ **Homeopathy & Nutritional Testing** with Judy Neall Epstein
- ❖ **Massage** with Growing Care
- ❖ **Midwifery** with Flourish
- ❖ **Naturopathy** with Nature's Path Family Wellness
- ❖ **Play Therapy** with Nicole Byers
- ❖ **Women's Wellness** with Flourish

I authorize the practitioners of Portland Family Health to use and disclose health information about me, which may include written records or spoken words regarding health history, health status, symptoms, examinations, test results, diagnoses, treatments, procedures, and similar types of health-related information. This may be done to make decisions about, plan for care and treatment, and consult with other health care providers in my course of care. I may also request that some of my health information not be disclosed.

In summary, I would like to give specific permission for any of the Portland Family Health providers to communicate with each other regarding my care to best collaborate on my behalf.

Patient/Guardian signature _____ Date _____

If the patient is a minor, I as the parent or guardian, authorize treatment to be provided to:

_____ (minor)



PATIENT REGISTRATION

Name: _____ Date: _____
Age: _____ Birth date: _____ Number of Children: _____
Address: _____
City: _____ State: _____ Zip: _____
Telephone: _____ Email Address: _____
Employment: _____ Like your job? _____
 Married Single Partnered Divorced Widowed Separated Other
Whom may we thank for referring you? _____
Been treated by a Chiropractor before? _____ Date of Last visit: _____
Had massage before? _____ Date of Last visit: _____
List practitioner names and specialties of other health care providers: _____

Do I have your permission to contact them to coordinate your care? Yes No

List any medications/vitamins/supplements (prescribed, or over-the counter) with the reason taken, dosage, and duration: _____

Any diagnosed health conditions? _____

Emergency Contact: _____ Number: _____ Relationship: _____

MAIN COMPLAINT

If you are here for wellness, please check here and continue to "Past Health History"

Reason(s) for consulting this office: _____

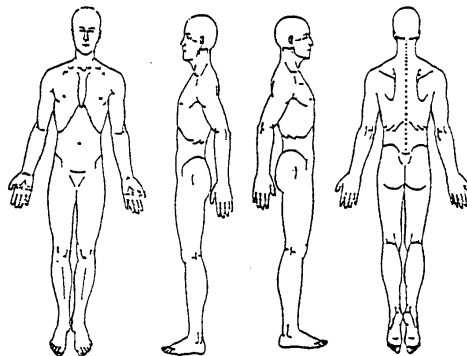
Date problem began: _____ Is this work related? _____ Auto related? _____

Does it seem to be getting: Worse Better Staying the same

It interferes with: Sitting Work Sleep Walking Hobbies Leisure Other

Any other health GOALS (physical, mental, emotional, functional)? _____

Mark current problem areas on these pictures:



Please circle the current level of discomfort your problem causes you, when it is at its worst:
none 1 2 3 4 5 6 7 8 9 10 worst ever

LIFESTYLE

	<u>YES</u>	<u>Notes, if YES</u>
Do/did you smoke/use any tobacco? _____	<input type="checkbox"/>	
Do/did you drink alcohol? _____	<input type="checkbox"/>	
Do/did you use drugs? _____	<input type="checkbox"/>	
Do you consume caffeine? _____	<input type="checkbox"/>	
Do you consume a lot of sugar? _____	<input type="checkbox"/>	
Do you eat a lot of vegetables? _____	<input type="checkbox"/>	
Do you eat fast/processed foods? _____	<input type="checkbox"/>	
Do you exercise? _____	<input type="checkbox"/>	
Do you drink a lot of water? _____	<input type="checkbox"/>	
Do you consider yourself to hold much stress? _____	<input type="checkbox"/>	

Please rate how willing you are to make lifestyle changes to help accomplish your goals

Unwilling to change at all 1 2 3 4 5 6 7 8 9 10 completely willing

FAMILY HEALTH HISTORY

Cancer High Blood Pressure Heart Problems Stroke Diabetes Other _____

HEALTH HISTORY

Please check all symptoms you have ever had, even if they do not seem related to your current problem

<u>YES</u>	<u>Notes</u>	<u>YES</u>	<u>Notes</u>
Surgery/Hospitalization _____	<input type="checkbox"/>	Kidney infections _____	<input type="checkbox"/>
Serious injuries or traumas _____	<input type="checkbox"/>	Bladder infections _____	<input type="checkbox"/>
Allergies _____	<input type="checkbox"/>	Prostate problems _____	<input type="checkbox"/>
Migraine headache _____	<input type="checkbox"/>	Osteoporosis _____	<input type="checkbox"/>
Change in bowel habits _____	<input type="checkbox"/>	Stroke _____	<input type="checkbox"/>
Abnormal weight gain/loss _____	<input type="checkbox"/>	Corticosteroid use _____	<input type="checkbox"/>
Ulcers _____	<input type="checkbox"/>	Cancer/tumor _____	<input type="checkbox"/>
Heartburn/indigestion _____	<input type="checkbox"/>	Neck pain _____	<input type="checkbox"/>
Cold/flu often _____	<input type="checkbox"/>	Jaw pain _____	<input type="checkbox"/>
Sinus infection _____	<input type="checkbox"/>	Arm/elbow/wrist pain _____	<input type="checkbox"/>
Asthma _____	<input type="checkbox"/>	Shoulder pain _____	<input type="checkbox"/>
Chronic cough _____	<input type="checkbox"/>	Mid back pain _____	<input type="checkbox"/>
Breathing difficulty _____	<input type="checkbox"/>	Low back pain _____	<input type="checkbox"/>
Dizziness/fainting _____	<input type="checkbox"/>	Scoliosis _____	<input type="checkbox"/>
High blood pressure _____	<input type="checkbox"/>	Hip pain _____	<input type="checkbox"/>
High cholesterol _____	<input type="checkbox"/>	Leg pain _____	<input type="checkbox"/>
Visual disturbances _____	<input type="checkbox"/>	Knee pain _____	<input type="checkbox"/>
Aortic Aneurysm _____	<input type="checkbox"/>	Ankle pain _____	<input type="checkbox"/>
Metal/surgical implants _____	<input type="checkbox"/>	Foot pain _____	<input type="checkbox"/>
Rash or hives _____	<input type="checkbox"/>	Bursitis _____	<input type="checkbox"/>
Slow healing _____	<input type="checkbox"/>	Tendonitis _____	<input type="checkbox"/>
Suspicious mole(s) _____	<input type="checkbox"/>	Numbness/tingling _____	<input type="checkbox"/>
Currently pregnant _____	<input type="checkbox"/>	Menstrual pain _____	<input type="checkbox"/>

Due Date: _____



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Insurance Information

Patient Name: _____ Date of Birth: _____
 ID #: _____ Group or Plan #: _____
 Insurance Company: _____ Ins Phone #: _____
 Primary Subscriber (if not Patient): _____ DOB of Insured: _____
 Insured Relationship to Patient: _____ Insured is: Male Female

Please call your insurance company to obtain *all* of the following information

1. Does your plan have benefits for: Notes

Chiropractic? Yes No _____
 Massage? Yes No _____
 Acupuncture? Yes No _____
 Naturopathy? Yes No _____
 Counseling? Yes No _____

	In- Network Benefits	Out-of Network Benefits
Deductible		
Amount met so far		
Co-pay/ Co-insurance amount		
% Covered		
Maximum coverage \$ amount		
\$ met so far		
Maximum # visits per year		
# met so far		

If there is ANY coverage for massage: Notes

2. Can it be performed by an LMT? Yes No _____
 3. Will these CPT codes be covered when billed up to 4 units?
 97124 Yes No _____
 97140 Yes No _____
 97112 Yes No _____
 97110 Yes No _____

4. Date of annual plan renewal: _____ *Thank You for taking the time to do this, it really helps us!*

Consent Form, Business Agreement, Insurance Information

Growing Care includes chiropractic, craniosacral therapy and massage therapy. By signing this, you consent to all types of the care we provide, but certainly choose which of these to pursue.

Initials: _____ 1. Consent to Treatment by Growing Care

The nature of chiropractic care is directed toward balancing the muscles, joints and nerves of your body. To achieve this, the doctor will use her hands or tools to adjust your joints and align your soft tissues. You may hear a "click or pop", and you may feel movement of the joint. Various ancillary procedures, such as hot or cold packs, massage, craniosacral therapy, traction, taping, massage therapy and exercise/nutritional instruction may also be employed.

Though we take every precaution, there are some risks associated with chiropractic and massage therapy. The most common is muscle soreness the first couple days after treatment. A list of rare possibilities with chiropractic includes muscular strain, ligamentous strain, and fractures. Injury to the intervertebral discs, nerves or spinal cord is possible, though are considered even less likely. The risks involved with treating the neck may include any of these, but also includes the remote possibility of cerebrovascular injury or stroke. Current literature states the chances of this occurring to be one in one million to one in ten million. The ancillary physical therapy procedures could produce skin irritations, burns or bruising. Other treatment options may include over the counter analgesics, which carry with them the risks of irritation to the stomach, liver, kidneys, and various other side effects.

This consent form is intended to cover the entire course of treatment for my present conditions, and any future conditions for which I may seek treatment at this office. I accept the risks and benefits, and hereby give my full consent to treatment.

Initials: _____ 2. Privacy Policy

I understand that the treating providers may disclose health information about me for purposes of treatment, payment or health care procedures. I have the right to receive a written Notice of Privacy Practices should I request it.

Initials: _____ 3. Internal Release of Information

As Growing Care is part of Portland Family Health (PFH), I would like to give specific permission for any of the PFH providers of whom I am a patient to communicate with each other regarding my care to best collaborate on my behalf.

Initials: _____ 4. Cancellation and No Show Policy

I understand that without giving Growing Care 24 hours notice to cancel or change an appointment, **there is a \$55 charge for the missed appointment**, which will be due prior to my next visit.

Initials: _____ 5. Release of Records/Payment Policy

Full payment is expected at the time of service. In the case that you are using health or auto insurance to pay for a portion of your care in this office, arrangement may be made to omit payment to await reimbursement. We are often unable to predict these costs exactly, and may not know for 12 weeks up to six months after the date of service, once your company has processed the claim. By signing below, I accept financial responsibility for any outstanding charges that are not covered by my company and I authorize the doctor to release my related medical records to claim for benefits submitted.

Initials: _____ 6. Authorization to Communicate via E-mail

Communication via e-mail can be convenient for all parties; however, e-mails may not be encrypted and could be read by some outside party with the skills to access this information. By initialing here, I consent the providers of Growing Care to communicate via e-mail in spite of the above.

My signature re-iterates and confirms the initialed consent to each of the points made in this document

Signature of Patient, Parent or Guardian _____ Date: _____

Patient Name (please print): _____