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 NAME:

EMPLOYER ADDRESS:

EMPLOYER CITY: | EMPLOYER STATE/ZIP CODE:

WORK PHONE: | POSITION TITLE:

PAYMENT METHOD: ☐ CASH ☐ CHECK ☐ CREDIT CARD

EMERGENCY CONTACT

EMERGENCY CONTACT:

RELATIONSHIP:

PHONE NUMBER:

SPOUSE NAME: | SPOUSE PHONE:

HEALTH HABITS

DO YOU SMOKE? ☐ YES ☐ NO If yes, how much per day? _____

DO YOU DRINK ALCOHOL? ☐ YES ☐ NO If yes, how much per week? _____

DO YOU DRINK COFFEE, TEA, OR SODA? ☐ YES ☐ NO If yes, how much per day? _____

DO YOU EXERCISE REGULARY? ☐ YES ☐ NO

DO YOU WEAR:

☐ HEEL LIFTS ☐ SOLE LIFTS ☐ INNER SOLES ☐ ARCH SUPPORTS

CHIROPRACTIC EXPERIENCE

WHO REFERRED YOU TO OUR OFFICE?

HAVE YOU SEEN OR HEARD OF OUR OFFICE BECAUSE OF (Mark all that apply):

☐ NEWSPAPER ☐ SIGN ☐ YELLOW PAGES ☐ COMMUNITY EVENT ☐ MAILING

HAVE YOU BEEN ADJUSTED BY A CHIROPRACTOR BEFORE?

☐ YES ☐ NO

IF YES, WHAT WAS THE REASON FOR THOSE VISITS?

DOCTOR'S NAME:

APPROXIMATE DATE OF LAST VISIT:

HAS ANY ADULT IN YORU FAMILY EVER SEEN A CHIROPRACTOR?

REASON FOR THE VISIT

DESCRIBE THE REASON FOR THIS VISIT:

IS THE PURPOSE OF THIS APPOINTMENT RELATED TO:

☐ JOB ☐ SPORTS ☐ AUTO ☐ FALL ☐ HOME INJURY
☐ CHRONIC DISCOMFORT ☐ OTHER

PLEASE EXPLAIN:

IF JOB RELATED, HAVE YOU MADE A REPORT OF YOUR ACCIDENT TO YOUR EMPLOYER?

☐ YES ☐ NO

WHEN DID THE CONDITION BEGIN?

HAS THIS CONDITION:

☐ GOTTEN WORSE ☐ STAYED CONSTANT ☐ COME AND GONE

DOES THIS CONDITION INTERFERE WITH:

☐ WORK ☐ SLEEP ☐ DAILY ROUTINE ☐ OTHER ACTIVITES

PLEASE EXPLAIN:

HAS THIS CONDITION OCCURRED BEFORE? ☐ YES ☐ NO

PLEASE EXPLAIN:

HAVE YOU SEEN OTHER DOCTORS FOR THIS CONDITION? ☐ YES ☐ NO

DOCTOR'S NAME:

TYPE OF TREATMENT:

RESULTS:

Explore Chiropractic
1426 Bemidji Ave N, Ste 2, Bemidji, MN 56601
(218)333-8811

WERE 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 HEALIGN PROFESSION IN THE WORLD?
☐ YES ☐ NO

GOALS FOR YOUR CARE

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 appropriate for my condition.***

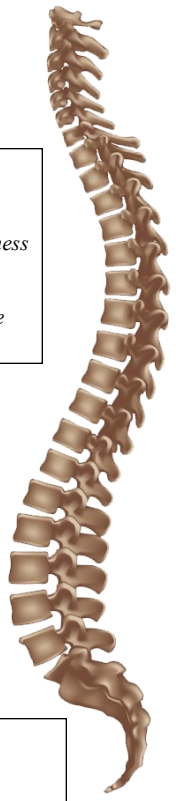
MEDICATIONS YOU TAKE

☐ CHOLESTEROL MEDICATIONS	☐ BLOOD PRESSURE MEDICINE
☐ STIMULANTS	☐ BLOOD THINNERS
☐ TRANQUILIZERS	☐ PAIN KILLERS (INCLUDING ASPIRIN)
☐ MUSCLE RELAXERS	☐ OTHER:
☐ INSULIN	☐ OTHER:

VITAMINS AND SUPPLEMENTS:

YOUR CONCERNS

INSTRUCTIONS: Please circle the health concerns or conditions you may be experiencing now or have in the past. Each area of concern relates to an area of the spine and nerve function.



Headaches
Migraines
Dizziness
Sinus Problems
Allergies
Fatigue
Head Colds
Vision Problems
Difficulty Concentrating
Hearing Problems

Sore Throat
Stiff Neck
Radiating Arm Pain
Hand/Finger Numbness
Asthma
Allergies
High Blood Pressure
Heart Conditions

Middle Back Pain
Congestion
Difficulty Breathing
Bronchitis
Pneumonia
Gallbladder Conditions
Stomach Problems
Ulcers
Gastritis
Kidney Problems

Constipation
Colitis
Diarrhea
Gas Pain
Irritable Bowel
Bladder Problems
Menstrual Problems
Low Back Pain
Pain and Numbness in Legs

OTHER:

_____
_____
_____
_____
_____
_____

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 an the possibility of being accepted for care.*

☐ Severe or Frequent Headaches	☐ Thyroid Problems	☐ Pain in Arms/Legs/ Hands	☐ Numbness	**FOR WOMEN ONLY**
☐ Heart Surgery/ Pacemaker	☐ Sinus Problems	☐ Low Blood Pressure	☐ Allergies	Are you Pregnant? ☐ YES ☐ NO
☐ Lower Back Problems	☐ Hepatitis	☐ Rheumatic Fever	☐ Diabetes	If yes, when is your due date?
☐ Digestive Problems	☐ Difficulty Breathing	☐ Ulcers/Colitis	☐ Asthma	Are you nursing? ☐ YES ☐ NO
☐ Pain Between Shoulders	☐ Kidney Problems	☐ Tuberculosis	☐ Loss of Sleep	Are you taking birth control? ☐ YES ☐ NO
☐ Congenital Heart Defect	☐ High Blood Pressure	☐ Arthritis	☐ Dizziness	DO YOU: Experience Painful Periods? ☐ YES ☐ NO Have irregular cycles? ☐ YES ☐ NO Have breast implants? ☐ YES ☐ NO
☐ Frequent Neck Pain	☐ Chemotherapy	☐ Shingles	Other:	

SURGERIES:

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 all bills incurred at this office. The Doctor will not be held responsible for any pre-exiting 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 serviced rendered. I understand and agree that health and accident insurance policies are an arrangement between an insurance carrier and myself. I understand that Explore Chiropractic will credit my account on receipt.

Ownership of X-ray Films: It is understood and agreed that the payment 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.

Signature:	Date:
Guardian or Spouse Authorizing Care Signature:	Date:

Who should receive bills for payment on your account?

☐ Patient ☐ Spouse ☐ Parent ☐ Workers Comp. ☐ Auto Insurance ☐ Medicare

TERMS OF ACCEPTANCE

When a patient seeks chiropractic care and we accept such a patient for care, it is essential for both to be working towards the same objective. Chiropractic has only one goal. It is only when the patient understands both the objective and the method that they will be able to attain it. This will prevent any confusion or disappointment.

An adjustment is the specific application of forces to facilitate the body's correction of vertebral subluxation. Our chiropractic method of correction is by specific adjustments to the spine.

Health is a state of optimal physical, mental, and social well being, not merely the absence of disease.

Vertebral Subluxation is a misalignment of one or more of the joints of the body. This can cause pain or alteration of nerve function and interference of the transmission of nerve impulses, lessening the body's innate ability to maintain maximum health.

We do not offer to diagnose or treat any disease or condition other than vertebral subluxation. However, if during the course of a chiropractic spinal evaluation, we encounter non-chiropractic or unusual findings, we will advise you. If you desire advice, diagnosis or treatment for those findings, we will recommend that you seek the services of a health care provider who specializes in that area. Regardless of what the disease is called, we do not offer to treat it. Nor do we offer advice regarding treatment prescribed by others. OUR ONLY PRACTICE OBJECTIVE is to eliminate interference to the expression of the body's innate wisdom. Our only method is specific adjusting to correct vertebral subluxation.

I have read and fully understand the above statement. Any questions regarding the doctor's objectives pertaining to my care in this office have been answered to my complete satisfaction. I therefore accept chiropractic care on this basis.

Signature:	Date:
Witness Signature:	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, payment 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 day 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 staff.

I understand that, under the Health Insurance Portability and Accountability Act of 1996 (HIPPA), I have certain rights to privacy regarding my 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. I understand that I can request, in writing, that you restrict how my personal information is used or disclosed.

Patient Name (Please Print):	Relationship to Patient:
Signature:	Date:

X-RAY CONSENT

In accordance with the Minnesota State Department of Health Regulation, Chapter 4730.1510 Subp.7. under Gonad Protection. "Except in cases in which it would interfere with the diagnostic procedure during radiographic procedures in which the gonads are in or within two inches of the useful beam, gonad shielding of not less than 0.5 millimeter lead equivalence must be used for patient who have procreative potential.

As a chiropractor, I will be doing a thorough assessment of your spine which includes full spine x-rays. I do not use gonad shielding with these x-rays, unless you request me to do so, because it obscures a portion of the pelvis that I want to view.

The doctor has explained that the purpose of the x-rays about to be taken is to analyze the spine for vertebral subluxation and to determine the appropriateness of chiropractic spinal adjustments. If the doctor discovers a non-chiropractic "unusual finding" when viewing this x-ray, I will be informed. I then must determine if I should seek the services of an additional health care provider for advice, diagnosis, or treatment for the unusual finding. I understand that seeking advice from another type of health care provider should not interfere with the subluxation corrective care provided by this office.

I fully understand the above and consent to chiropractic spinal x-rays.

Patient Name (Please Print):	Relationship to Patient:
Signature:	Date:

FEMALES ONLY I am not pregnant at this time nor do I suspect that I may be pregnant.

Signature: Date:

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