

Kapeikis Chiropractic & Massage, P.S.

"Active Care for Active Lifestyles"

630 N. Chelan Ave. Ste. B-2, Wenatchee, WA 98801, phone: 509-665-8363, fax: 509-662-7274

Thank you for choosing Kapeikis Chiropractic & Massage, P.S.

You have opened the intake packet indicating you
have recently been

INJURED WHERE ANOTHER PARTY IS AT FAULT

This packet assumes the symptoms we will be evaluating are related to this liable incident.

If your symptoms are not related to such an incident, please go back and find a more appropriate "intake packet".

Our pre-exam question forms are designed to help us provide you with the best care possible. Please print the following pages, fill out what is relevant to your current symptoms and bring the completed forms with you to your 1st appointment.

Thank you for taking the time to help us provide appropriate and efficient care for you.

Sincerely,
Paul Kapeikis, D.C.

Kapeikis Chiropractic and Massage Clinic, P.S.

"Active Care for Active Lifestyles"

630 North Chelan Ave. Suite B-2, Wenatchee WA 98801

Phone (509) 665-8363, Fax (509) 662-7274

PATIENT INFORMATION

DATE: _____

Last name: _____ First name: _____ Middle: _____

Address: _____ City/State: _____ Zip Code: _____

Social Security number _____ Age: _____

Date of Birth: _____ Gender: _____ Marital Status: _____

If patient is a minor, name of parent/guardian: _____

Home Phone: _____ Cell Phone: _____

Employer: _____

Occupation: _____

Business Phone: _____ Email Address: _____

Kapeikis Chiropractic and Massage Clinic will occasionally email updates and special discounts. If you prefer not to receive emails, please let our office know.

Emergency Contact: Name: _____ Phone: _____

BILLING AND INSURANCE INFORMATION

Primary Medical Insurance Company: _____

Name of Insured on policy: _____

Insured's Date of Birth: _____ Insured's employer: _____

Insured's address (only if different than patient): _____

Do you have a referral?: Yes No Do you need preauthorization?: Yes No
(A referral and/or preauthorization may be required by your insurance company for coverage and payment)

Referring Physician: _____ Phone: _____

Are you seeking treatment as a result of an accident or injury? Yes No

Date of Injury: _____ Claim Number: _____

Name of insurance: _____ Policy number: _____

Claim manager name and phone number: _____

Have you retained an attorney?: Yes No Attorney Name: _____

BILLING POLICY and AUTHORIZATION

Kapeikis Chiropractic and Massage Clinic will submit claims to your insurance company. Please contact your insurance company to ask about your specific coverage. An invoice for services rendered, will be mailed to the address you have provided above, each month. Payment is expected within 30 days of invoice date. Please be aware that your insurance provider may consider some, and perhaps all, of the services rendered not medically necessary. You will be responsible for these charges as well as any out of pocket expenses, deductibles, co-pays, and charges above reasonable and customary. You are responsible for reporting all changes immediately.

I have read and agree with the above billing policy and authorize payment of medical benefits directly to Kapeikis Chiropractic and Massage Clinic.

I authorize the release of my records to insurance and relevant health care providers for the purposes of collecting insurance payments and continuity of care.

I understand that I am ultimately responsible for full payment of all services received from Kapeikis Chiropractic and Massage Clinic, and for all expenses incurred in collecting a past due account.

Patient signature _____ Date: _____

Parent/guardian signature of minor patient _____

MISSED APPOINTMENT POLICY

I understand that I will be charged \$25.00 for CHIROPRACTIC, and \$40.00 for MASSAGE appointments missed or cancelled with less than 24 hour advance notice.

Patient signature _____ Date: _____

Parent/guardian signature of minor patient _____

CONSENT TO PARTICIPATE

Therapeutic procedures conducted in this office are considered safe and effective methods of care. As with any procedure intended to help, complications may arise. These complications include increased pain, swelling, bruising, muscle strain and discomfort, burns, lightheadedness, fainting or a temporary worsening of symptoms. More serious complications are extremely rare. Additional information concerning side-effects and complications is available upon request. **Your participation is voluntary.**

Patient signature _____ Date: _____

Parent/guardian signature of minor patient _____

Acknowledgement of receipt of NOTICE OF PRIVACY PRACTICES

Patient signature _____ Date: _____

Parent/guardian signature of minor patient _____

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This is our **Notice of Privacy Practices for Protected Health Information**. It describes how medical information about you may be used and disclosed and how you can get access to this information. Please review it carefully.

Your Rights

When it comes to your health information, you have certain rights. This section explains your rights and some of our responsibilities to help you.

Get an electronic or paper copy of your medical record

You can ask to see or get an electronic or paper copy of your medical record and other health information we have about you. Ask us how to do this.

- We will provide a copy or a summary of your health information, usually within 30 days of your request. We may charge a reasonable, cost-based fee.

Ask us to correct your medical record

• You can ask us to correct health information about you that you think is incorrect or incomplete. Ask us how to do this.

- We may say “no” to your request, but we’ll tell you why in writing within 60 days.

Request confidential communications

• You can ask us to contact you in a specific way (for example, home or office phone) or to send mail to a different address.

- We will say “yes” to all reasonable requests.

Ask us to limit what we use or share

• You can ask us not to use or share certain health information for treatment, payment, or our operations.

- We are not required to agree to your request, and we may say “no” if it would affect your care.
- If you pay for a service or health care item out-of-pocket in full, you can ask us not to share that information for the purpose of payment or our operations with your health insurer.
- We will say “yes” unless a law requires us to share that information.

Get a list of those with whom we’ve shared information

• You can ask for a list (accounting) of the times we’ve shared your health information for six years prior to the date you ask, who we shared it with, and why.

- We will include all the disclosures except for those about treatment, payment, and health care operations, and certain other disclosures (such as any you asked us to make). We’ll provide one accounting a year for free but will charge a reasonable, cost-based fee if you ask for another one within 12 months.

Get a copy of this privacy notice

• You can ask for a paper copy of this notice at any time, even if you have agreed to receive the notice electronically. We will provide you with a paper copy promptly.

Choose someone to act for you

• If you have given someone medical power of attorney or if someone is your legal guardian, that person can exercise your rights and make choices about your health information.

- We will make sure the person has this authority and can act for you before we take any action.

File a complaint if you feel your rights are violated

• You can complain if you feel we have violated your rights by contacting us using the information on page 1.

- You can file a complaint with the U.S. Department of Health and Human Services Office for Civil Rights by sending a letter to 200 Independence Avenue, S.W., Washington, D.C. 20201, calling 1-877-696-6775, or visiting www.hhs.gov/ocr/privacy/hipaa/complaints/.
- We will not retaliate against you for filing a complaint.

Your Choices

For certain health information, you can tell us your choices about what we share. If you have a clear preference for how we share your information in the situations described below, talk to us. Tell us what you want us to do, and we will follow your instructions.

In these cases, you have both the right and choice to tell us to:

- Share information with your family, close friends, or others involved in your care
- Share information in a disaster relief situation
- Include your information in a hospital directory
- Contact you for fundraising efforts

If you are not able to tell us your preference, for example if you are unconscious, we may go ahead and share your information if we believe it is in your best interest. We may also share your information when needed to lessen a serious and imminent threat to health or safety.

In these cases we never share your information unless you give us written permission:

- Marketing purposes
- Sale of your information
- Most sharing of psychotherapy notes

In the case of fundraising:

- We may contact you for fundraising efforts, but you can tell us not to contact you again.

Our Uses and Disclosures

How do we typically use or share your health information? We typically use or share your health information in the following ways.

Treat you

- We can use your health information and share it with other professionals who are treating you.

Example: A doctor treating you for an injury asks another doctor about your overall health condition.

Run our organization

- We can use and share your health information to run our practice, improve your care, and contact you when necessary.

Example: We use health information about you to manage your treatment and services.

Bill for your services

- We can use and share your health information to bill and get payment from health plans or other entities.

Example: We give information about you to your health insurance plan so it will pay for your services.

How else can we use or share your health information? We are allowed or required to share your information in other ways – usually in ways that contribute to the public good, such as public health and research. We have to meet many conditions in the law before we can share your information for these purposes. For more information see: www.hhs.gov/ocr/privacy/hipaa/understanding/consumers/index.html.

Help with public health and safety issues

We can share health information about you for certain situations such as:

- Preventing disease
- Helping with product recalls
- Reporting adverse reactions to medications
- Reporting suspected abuse, neglect, or domestic violence
- Preventing or reducing a serious threat to anyone's health or safety
- We can use or share your information for health research.

Do research

Comply with the law

- We will share information about you if state or federal laws require it, including with the Department of Health and Human Services if it wants to see that we're complying with federal privacy law.
- We can share health information about you with organ procurement organizations.

Respond to organ and tissue donation requests

Work with a medical examiner or funeral director

- We can share health information with a coroner, medical examiner, or funeral director when an individual dies.

Address workers' compensation, law enforcement, and other government requests

We can use or share health information about you:

- For workers' compensation claims
- For law enforcement purposes or with a law enforcement official
- With health oversight agencies for activities authorized by law
- For special government functions such as military, national security, and presidential protective services
- We can share health information about you in response to a court or administrative order, or in response to a subpoena.

Respond to lawsuits and legal actions

Our Responsibilities

We are required by law to maintain the privacy and security of your protected health information.

- We will let you know promptly if a breach occurs that may have compromised the privacy or security of your information.
- We must follow the duties and privacy practices described in this notice and give you a copy of it.
- We will not use or share your information other than as described here unless you tell us we can in writing. If you tell us we can, you may change your mind at any time. Let us know in writing if you change your mind.

For more information see: www.hhs.gov/ocr/privacy/hipaa/understanding/consumers/noticepp.html.

Changes to the Terms of This Notice

We can change the terms of this notice, and the changes will apply to all information we have about you. The new notice will be available upon request, in our office, and on our web site.

Effective date of this message 1/1/2015

Contact Kapeikis Chiropractic & Massage (509) 665-8363 kapeikis@nwi.net

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PERSONAL INJURY Questionnaire

Date of Injury: _____ Time of Incident: _____

Business/Facility where you were injured: _____

Address: _____
(Street) (City) (State) (Zip)

Briefly describe how you were injured: _____

Accident/Police report filed: Yes (please provide copy) No

On-site First Aid provided by: _____

Contact at the Business/Facility where you were injured: _____

Has another Medical Provider opened the claim for this injury? _____

Legal Representation

Law Firm: _____

Contact: _____ Phone: _____

Do you have any other, Motor Vehicle Collision, Personal Injury, Workers Compensation, Labor and Industries, or Medical-Legal claims currently open, active or for which you are receiving ongoing compensation? No Yes – Please provide details

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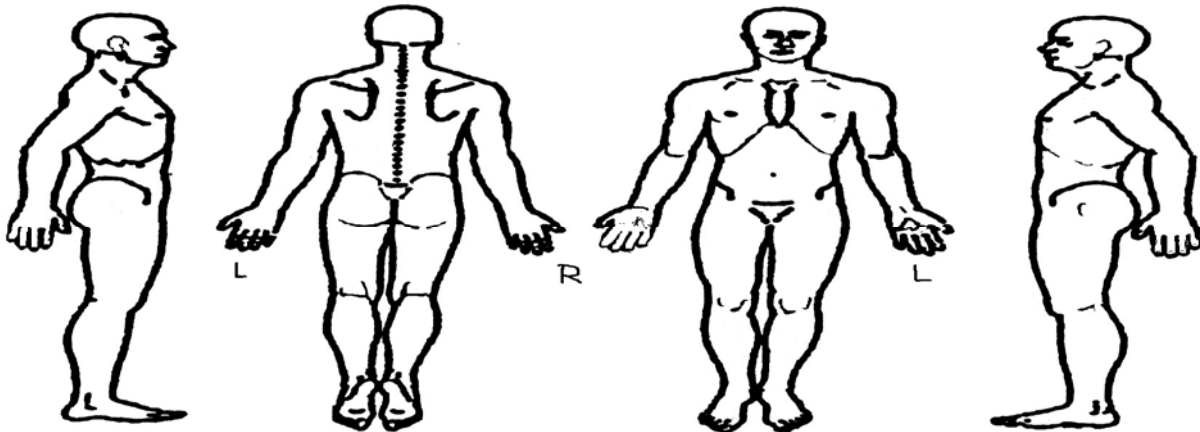
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NAME: _____ DATE: _____

COMPLAINT #1

Please fill out a **SEPARATE FORM FOR EACH COMPLAINT**

- My Complaint is:** Headaches Jaw Neck Upper Back L Shoulder R L Elbow R L Wrist R L Hand R
Mid Back Low Back L hip R L Knee R L Ankle R L Foot R Other: _____
- Please indicate on the drawings where you notice your symptoms. Please indicate the quality of these symptoms:** SS=sharp stabbing, DD=dull diffuse, A=aching, B=burning, St= stiffness, Nb= numbness, T= tingling, CR= cramping, El= electrical "zingers". Please feel free to add your own description including radiation or referral of your symptoms.



(0 is no pain/symptoms -10 is unbearable pain/symptoms)

- Please indicate the severity of symptoms right now:** 0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10
- How often do you experience these symptoms?**
Constant (76-100% of the time) Frequent (51-75% of the time) Occasional (26-50% of the time) Intermittent (1-25% of the time)
- What aggravates these symptoms?** _____
- What is the worst these symptoms have been?** 0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10
- What alleviates these symptoms?** _____
- What is the best these symptoms have been?** 0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10
- How are these symptoms interfering with your normal activities?** _____
- Have these symptoms changed with time?** Getting Worse Staying the Same Getting Better

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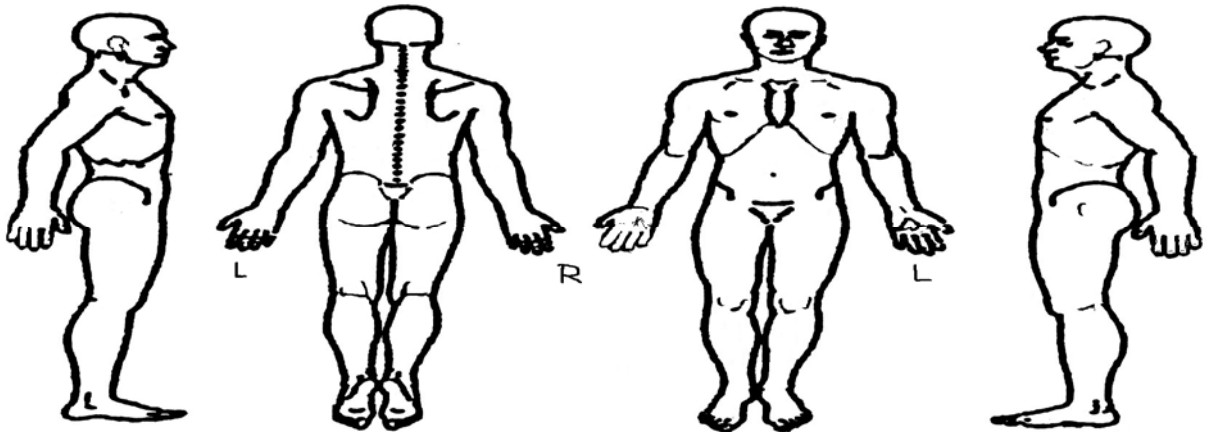
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NAME: _____ DATE: _____

COMPLAINT #2

Please fill out a SEPARATE FORM FOR EACH COMPLAINT

- My Complaint is:** Headaches Jaw Neck Upper Back L Shoulder R L Elbow R L Wrist R L Hand R
Mid Back Low Back L hip R L Knee R L Ankle R L Foot R Other: _____
- Please indicate on the drawings where you notice your symptoms. Please indicate the quality of these symptoms:** SS=sharp stabbing, DD= dull diffuse, A= aching, B=burning, St= stiffness, Nb= numbness, T= tingling, CR= cramping, El= electrical "zingers". Please feel free to add your own description including radiation or referral of your symptoms.



(0 is no pain/symptoms -10 is unbearable pain/symptoms)

- Please indicate the severity of symptoms right now:** 0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10
- How often do you experience these symptoms?**
Constant (76-100% of the time) Frequent (51-75% of the time) Occasional (26-50% of the time) Intermittent (1-25% of the time)
- What aggravates these symptoms?** _____
- What is the worst these symptoms have been?** 0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10
- What alleviates these symptoms?** _____
- What is the best these symptoms have been?** 0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10
- How are these symptoms interfering with your normal activities?** _____
- Have these symptoms changed with time?** Getting Worse Staying the Same Getting Better

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Neck Disability Index

Name: _____ **Date:** _____

This questionnaire helps us to understand how much your neck pain has affected your ability to perform everyday activities. Please check the one box in each section that most clearly describes your problem right now.

Pain Intensity

- I have no pain at the moment.
- The pain is very mild at the moment.
- The pain is moderate at the moment.
- The pain is fairly severe at the moment.
- The pain is very severe at the moment.
- The pain is the worst imaginable at the moment.

Personal Care (Washing, Dressing, etc.)

- I can look after myself normally without causing extra pain.
- I can look after myself normally but it causes extra pain.
- It is painful to look after myself and I am slow and careful.
- I need some help but manage most of my personal care.
- I need help every day in most aspects of self-care.
- I do not get dressed, I wash with difficulty and stay in bed.

Lifting

- I can lift heavy weights without extra pain.
- I can lift heavy weights but it gives extra pain.
- Pain prevents me from lifting heavy weights off the floor, but I can manage if they are conveniently positioned.
- Pain prevents me from lifting heavy weights, but I can manage light to medium weights if they are conveniently positioned.
- I can lift very light weights.
- I cannot lift or carry anything at all.

Reading

- I can read as much as I want with no pain in my neck.
- I can read as much as I want with slight pain in my neck.
- I can read as much as I want with moderate pain in my neck.
- I can't read as much as I want because of moderate pain in my neck.
- I can hardly read at all because of severe pain in my neck.
- I cannot read at all due to pain.

Headaches

- I have no headaches at all.
- I have slight headaches that come infrequently.
- I have moderate headaches that come infrequently.
- I have moderate headaches that come frequently.
- I have severe headaches that come frequently.
- I have headaches almost all the time.

Concentration

- I can concentrate fully when I want to with no difficulty.
- I can concentrate fully when I want to with slight difficulty.
- I have a fair degree of difficulty in concentrating when I want to.
- I have a lot of difficulty in concentrating when I want to.
- I have a great deal of difficulty in concentrating when I want to.
- I cannot concentrate at all.

Work

- I can do as much work as I want to.
- I can only do my usual work, but no more.
- I can do most of my usual work, but no more.
- I cannot do my usual work.
- I can hardly do any work at all.
- I can not do any work at all.

Driving

- I can drive my car without any neck pain.
- I can drive my car as long as I want with slight pain in my neck.
- I can drive my car as long as I want with moderate pain in my neck.
- I can't drive my car as long as I want because of moderate pain in my neck.
- I can hardly drive at all because of severe pain in my neck.
- I can't drive my car at all.

Sleeping

- I have no trouble sleeping
- My sleep is slightly disturbed (less than 1 hr sleepless).
- My sleep is mildly disturbed (1-2 hrs sleepless).
- My sleep is moderately disturbed (2-3 hrs sleepless).
- My sleep is greatly disturbed (3-5 hrs sleepless).
- My sleep is completely disturbed (5-7 hrs sleepless).

Recreation

- I am able to engage in all my recreation activities with no neck pain at all.
- I am able to engage in all my recreation activities, with some pain in my neck.
- I am able to engage in most, but not all of my usual recreation activities because of neck pain.
- I am able to engage in a few of my usual recreation activities because of pain in my neck.
- I can hardly do any recreation activities because of pain in my neck.
- I can't do any recreation activities at all.

Index Score = [Sum of all statements selected / (# of sections with a statement selected x 5)] x 100

Neck Index Score: _____

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Back Disability Index

Name: _____

Date: _____

This questionnaire will give your provider information about how your back condition affects your everyday life. Please answer every section by marking the one statement that applies to you. If two or more statements in one section apply, please mark the one statement that most closely describes your problem.

Pain Intensity

- The pain comes and goes and is very mild.
- The pain is mild and does not vary much.
- The pain comes and goes and is moderate.
- The pain is moderate and does not vary much.
- The pain comes and goes and is very severe.
- The pain is very severe and does not vary much.

Personal Care

- I do not have to change my way of washing or dressing in order to avoid pain.
- I do not normally change my way of washing or dressing even though it causes some pain.
- Washing and dressing increases the pain but I manage not to change my way of doing it.
- Washing and dressing increases the pain and I find it necessary to change my way of doing it.
- Because of the pain I am unable to do some washing and dressing without help.
- Because of the pain I am unable to do any washing and dressing without help.

Sleeping

- I get no pain in bed.
- I get pain in bed but it does not prevent me from sleeping well.
- Because of pain my normal sleep is reduced by less than 25%.
- Pain prevents me from sleeping at all.
- Because of pain my normal sleep is reduced by less than 50%.
- Because of pain my normal sleep is reduced by less than 75%.

Lifting

- I can lift heavy weights without extra pain.
- I can lift heavy weights but it causes extra pain.
- Pain prevents me from lifting heavy weights off the floor.
- I can only lift very light weights.
- Pain prevents me from lifting heavy weights off the floor, but I can manage if they are conveniently positioned (e.g., on a table).
- Pain prevents me from lifting heavy weights off the floor, but I can manage light to medium weights if they are conveniently positioned.

Sitting

- I can sit in any chair as long as I like.
- I can only sit in my favorite chair as long as I like.
- Pain prevents me from sitting more than 1 hour.
- I avoid sitting because it increases pain immediately.
- Pain prevents me from sitting more than 1/2 hour.
- Pain prevents me from sitting more than 10 minutes.

Traveling

- I get no pain while traveling.
- I get some pain while traveling but none of my usual forms of travel make it worse.
- I get extra pain while traveling but it does not cause me to seek alternate forms of travel.
- Pain restricts all forms of travel.
- I get extra pain while traveling which causes me to seek alternate forms of travel.
- Pain restricts all forms of travel except that done while lying down.

Standing

- I can stand as long as I want without pain.
- I have some pain while standing but it does not increase with time.
- I cannot stand for longer than 1 hour without increasing pain.
- I avoid standing because it increases pain immediately.
- I cannot stand for longer than 1/2 hour without increasing pain.
- I cannot stand for longer than 10 minutes without increasing pain.

Social Life

- My social life is normal and gives me no extra pain.
- My social life is normal but increases the degree of pain.
- I have hardly any social life because of the pain.
- Pain has restricted my social life and I do not go out very often.
- Pain has restricted my social life to my home.
- Pain has no significant affect on my social life apart from limiting my more energetic interests (e.g., dancing, etc).

Walking

- I have no pain while walking.
- I have some pain while walking but it doesn't increase with distance.
- I cannot walk more than 1 mile without increasing pain.
- I cannot walk at all without increasing pain.
- I cannot walk more than 1/2 mile without increasing pain.
- I cannot walk more than 1/4 mile without increasing pain.

Changing degree of pain

- My pain is rapidly getting better.
- My pain fluctuates but overall is definitely getting better.
- My pain seems to be getting better but improvement is slow.
- My pain is rapidly worsening.
- My pain is neither getting better or worse.
- My pain is gradually worsening.

Form BI100

Index Score = [Sum of all statements selected / (# of sections with a statement selected x 5)] x 100

Back Index Score: _____

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NAME: _____ DATE: _____

HEALTH HISTORY

1. Who is your Primary Care provider? _____
2. Please list ALL previous significant physical injuries, severe sprains, strains or broken bones?

(Approximate Dates) _____

3. Please list ALL Surgeries? (Approximate Dates) _____
- _____
- _____
- _____

4. Please indicate any history of the following conditions not part of today's complaint:

- | | | |
|---|---|---|
| <input type="checkbox"/> Headaches | <input type="checkbox"/> High Blood Pressure | <input type="checkbox"/> Diabetes |
| <input type="checkbox"/> Neck Pain | <input type="checkbox"/> Heart Attack | <input type="checkbox"/> Excessive Thirst |
| <input type="checkbox"/> Upper Back Pain | <input type="checkbox"/> Chest Pains | <input type="checkbox"/> Frequent Urination |
| <input type="checkbox"/> Mid Back Pain | <input type="checkbox"/> Stroke | <input type="checkbox"/> MS |
| <input type="checkbox"/> Low Back Pain | <input type="checkbox"/> Angina | <input type="checkbox"/> ALS |
| <input type="checkbox"/> Shoulder Pain | <input type="checkbox"/> Kidney Stones | <input type="checkbox"/> Drug/Alcohol Dependence |
| <input type="checkbox"/> Elbow/Upper Arm Pain | <input type="checkbox"/> Kidney Disorders | <input type="checkbox"/> Depression |
| <input type="checkbox"/> Wrist Pain | <input type="checkbox"/> Bladder Infection | <input type="checkbox"/> Systemic Lupus |
| <input type="checkbox"/> Hand Pain | <input type="checkbox"/> Painful Urination | <input type="checkbox"/> Epilepsy |
| <input type="checkbox"/> Hip Pain | <input type="checkbox"/> Loss of Bladder Control | <input type="checkbox"/> Dermatitis/Eczema/Rash |
| <input type="checkbox"/> Upper Leg Pain | <input type="checkbox"/> Prostate Problems | <input type="checkbox"/> HIV/AIDS |
| <input type="checkbox"/> Knee Pain | <input type="checkbox"/> Abnormal Weight Gain/Loss | <input type="checkbox"/> Physical/Emotional Abuse |
| <input type="checkbox"/> Ankle/Foot Pain | <input type="checkbox"/> Loss of Appetite | <input type="checkbox"/> Other: |
| <input type="checkbox"/> Jaw Pain | <input type="checkbox"/> Abdominal Pain | |
| <input type="checkbox"/> Joint Pain/Stiffness | <input type="checkbox"/> Ulcers | |
| <input type="checkbox"/> Arthritis | <input type="checkbox"/> Hepatitis | |
| <input type="checkbox"/> Rheumatoid Arthritis | <input type="checkbox"/> Liver/Gall Bladder Disorders | |
| <input type="checkbox"/> Cancer | <input type="checkbox"/> General Fatigue | |
| <input type="checkbox"/> Tumor | <input type="checkbox"/> Muscular dis-coordination | |
| <input type="checkbox"/> Asthma | <input type="checkbox"/> Visual Disturbances | |
| <input type="checkbox"/> Chronic Sinusitis | <input type="checkbox"/> Dizziness | |

5. Have you recently experienced any of the following:
- | | | | |
|---|--|--|---------------------------------|
| <input type="checkbox"/> Fainting/Dizziness | <input type="checkbox"/> Shortness of Breath | <input type="checkbox"/> Fever | <input type="checkbox"/> Nausea |
| <input type="checkbox"/> Rapid or Skipping Heart Beat | <input type="checkbox"/> Severe Constipation or Diarrhea | <input type="checkbox"/> Unexplained Extreme Fatigue | |
| <input type="checkbox"/> Bloody, Black or Consistently Narrowed Stool | <input type="checkbox"/> Cloudy, Bloody, Sweet or Unusual Smelling Urine | | |
| <input type="checkbox"/> Unexplained Weight Loss or Gain. | | | |

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NAME: _____ DATE: _____

HEALTH HISTORY (cont.)

6. Please list all prescription medications you are currently taking:

7. Please list all of the over-the-counter medications/vitamins you are currently taking:

8. Are you currently taking any blood thinners or garlic supplements? Yes No

9. Please list all known allergies: _____

10. Is there anything else pertinent to today's visit? _____

Females

Child: Have not started menstrual cycle. Circle and skip this section

1. Is there ANY possibility you may be pregnant now? No Yes

2. Number of Past Pregnancies: _____ Number of Children: _____

Ages of Children: _____ Cesarean Section(s): _____

Complications of Pregnancy? Diabetes Preeclampsia Pelvic Damage Nerve Damage

other: _____

3. Birth Control? No Yes What Type & How Long? _____

4. Menstrual Problems? Irregular PMS Endometriosis Other: _____

5. Hysterectomy? No Yes Date: _____ Reason? _____

6. Menopause? No Yes Age: _____ Hormone Replacement? No Yes Yes - Bio-identical

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NAME: _____ DATE: _____

HEALTH HABITS

1. **Exercise Activities:** _____
2. **Exercise Frequency:** Daily 2-4 times weekly 1 time weekly Seldom Never
3. **My Exercise Activity Duration is usually:** 90 min or more 30-90 min. Less than 30 min.
4. **Sleep:** 0-6 hours/night 6-8 hours/night 8 or more hours per night
5. **Sleeping is:** frustrating & not rejuvenating 0 – 1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 – 10 easy and rejuvenating
6. **Water intake:** Never 0-32 oz daily 32-64 oz daily 64 oz or more daily
7. **Nutrition:** I eat whatever I like and don't worry 0 – 1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 – 10 I nutritionally evaluate everything I eat and stick to a healthy diet.
8. **Fast food:** Never 1-12 times/year 2-3 times/month 1-3 times/week 4+ times per week
9. **Packaged food:** Never 0-4 meals/month 1-7 meals/week 2+ meals/day
10. **Alcohol:** Never 1-3 drinks at special occasions only More than 3 drinks at special occasions only
1-2 drinks per day routinely More than 2 drinks per day routinely Intoxicated frequently
11. **Caffeine (including soft drinks):** Never Just occasional 1-2 cups per day 3 or more cups per day
12. **Past or current Tobacco use:** Never Occasional Weekly Daily Light Daily Heavy Quit
13. **Recreational Drug use?** Yes No

SOCIAL STRESS

All information gathered in this section is voluntary and completely confidential

PERSONAL RELATIONSHIPS:

1. **I am:** Single Dating Married Life Partner Widow/Widower Divorced **How Long?** _____
2. **Spouse/Partner's Employment:** _____ Retired Unemployed Disabled
3. **My current relationship is:** Very Stressful 0 – 1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 – 10 Fantastic
4. **My relations with extended family are:** Very Stressful 0 – 1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 – 10 Fantastic
5. **I am responsible for the welfare of children/elderly:** Yes (How many children? _____) No
6. **My social network is:** not satisfying 0 – 1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 – 10 very supportive and satisfying

SECURITY:

1. **My housing situation is:** Homeless Shared Rental Renting Homeowner Other: _____
2. **My living arrangements are:** stressful 0 – 1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 – 10 not stressful
3. **In the past 10 years I have changed communities/moved:** 0 – 1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 – 10 times
4. **My financial security is:** very low 0 – 1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 – 10 very high

OCCUPATION:

1. **Highest Education:** Did not Graduate High School /GED College/Trade School Post-Graduate Degree
2. **Occupation:** _____ **How Long?** _____
3. **My usual work hours are:** reliable not reliable on-call days nights swing shift
4. **My usual work hours are:** 0-20hr/wk 20-40hr/wk 40-60hr/wk 60+hr/wk
5. **My job security is:** not secure 0 – 1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 – 10 very secure
6. **My overall job satisfaction is:** very low 0 – 1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 – 10 very high

Kapeikis Chiropractic & Massage, P.S.

"Active Care for Active Lifestyles"

630 N. Chelan Ave. Ste. B-2, Wenatchee, WA 98801, phone: 509-665-8363, fax: 509-662-7274

NAME: _____ DATE: _____

FAMILY/GENETIC HISTORY

Within your genetic family, please list any major illnesses, approximate age of onset, age of mortality, cause of death if from disease as best you can. Of particular interest are any known genetic conditions.

Or: I was Adopted, My Genetic History is Unknown

