

Health History Questionnaire—Adult

This is a *confidential* questionnaire to help us determine the best treatment plan for you. If you have any questions, please ask. If you need more room, please use the back side of these sheets.

Legal Name: _____ Date: _____

Preferred First Name or Nickname _____

Home address: _____

City _____ State: _____ Zip: _____

Home (_____) _____ Work (_____) _____ Cell (_____) _____

Email Address: _____

DOB ___/___/___ Age: ___ Height: ___ Weight: ___ Weight 1 yr ago: ___ Gender: _____

Sex assigned at birth: _____ Pronouns: _____ Sexuality: _____ Relationship status: _____

Occupation: _____ Employer: _____

Emergency Contact: _____ Contact Phone: _____

Physician Name: _____ Physician Phone: _____

How did you hear about our clinic? _____

Have you received acupuncture therapy before? Yes No If Yes, where? _____

HEALTH HISTORY

1. What are the main health concerns for which you are seeking treatment? (up to 3, in order of priority)

_____ Date of Onset: _____
 _____ Date of Onset: _____
 _____ Date of Onset: _____

2. What previous medical workups, diagnosis, and treatment have you had for these concerns?

3. Please list any allergies to: Latex Food _____ Metals _____ Drugs _____

Other: _____

4. Do you have any of the following:

Hepatitis HIV Seizures Pacemaker Metal pins or plates, where? _____

5. List any accidents, surgeries, or hospitalizations (include date): (Continue on the back of this page if necessary.

If you have a separate list, we can photocopy that for you.)

6. How much change are you willing to/able to make at this time to improve your health?

Minimal Some Complete

7. What medications, sleep aids, stomach remedies, vitamins, and supplements are you currently taking?
(Continue on the back of this page if necessary. If you have a separate list, we can photocopy that for you.)

Medication	Dose	Reason	Date Started	Date of last checkup

8. Family history

	Mother	Father	Brother(s)	Sister(s)	Spouse	Child(ren)
Health: G=Good P=Poor						
Medical Conditions						
Age, if living						
If deceased, age and cause						

LIFESTYLE HABITS

9. Please indicate the use and frequency of the following: (how much, how many, or how often)

- Alcohol _____
 - Tobacco _____
 - Second Hand Smoke Exposure Y N
 - Marijuana _____
 - Other Recreational Drugs _____
 - Coffee _____
 - Tea _____
 - Soda Pop _____
 - Water _____
 - Energy Drinks _____
- Have you ever been treated for drug/alcohol dependence? Yes No

10. Do you follow any particular diet or eating style?

11. Have you ever been treated for or suspect you have disordered eating behaviors? (E.g. frequent dieting, rigid food rules, restrictions, loss of control with certain foods, excess use of laxatives, or anxiety, guilt or shame over food or exercise) Yes No

Please describe: _____

12. What is your daily activity level, including your occupation?

- Sedentary, i.e. mostly sitting
- Somewhat active
- Moderately active
- Very active (moving around or up most of the time)
- Heavy duty (lifting, moving things, etc.)

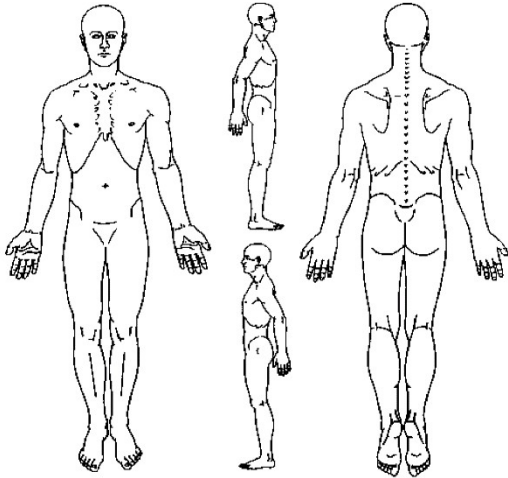
13. Do you wish to discuss food and/or activity from a weight-neutral perspective? Yes No

14. Do you sleep well? Yes No Awaken rested? Yes No Average hours of sleep: _____

15. What is your average energy level (1 – least, 10 – most): 1 2 3 4 5 6 7 8 9 10

16. What is your average stress level (1 – least, 10 – most): 1 2 3 4 5 6 7 8 9 10

PAIN



Please mark on the picture where you have pain right now:

A=Ache B=Burning N=Numbness
P=Pins & Needles S=Stabbing O=Other

How long: ____ Years ____ Months ____ Weeks

How painful is it? (0=none to 10= excruciating) _____

Better with: Movement Rest Pressure Heat Ice
 Medicine _____ Other _____

Worse with: Movement Rest Pressure Heat Ice
 Medicine _____ Other _____

SYMPTOM SURVEY

Check symptoms experienced *in the past 3 months*. Leave blank if never experience.

Please indicate as follows: One check = ✓ = Sometimes Two checks = ✓ ✓ = Frequently

____ Appetite High Low
____ Thirst High Low
____ Constipation
____ Loose stool/diarrhea
____ Colitis or diverticulitis
____ Hemorrhoids
____ Indigestion/Acid reflux
____ Ulcers
____ Belching/burping/gas
____ Abdominal bloating
____ Unexplained weight loss
____ Difficult to digest oily food
____ Gallstones
____ Mucus in stool
____ Bloody or black tarry stool
____ Undigested stool

____ Palpitations/fluttering
____ Chest pain
____ Bronchitis
____ Cough
____ Coughing blood
____ Shortness of breath
____ COPD/Emphysema
____ Allergies
____ Catch colds easily
____ Asthma
____ Sinus congestion
____ Recent use of antibiotics
____ Phlegm: Nose Chest
Color: Clear White Yellow Green

____ Tension headache
____ Migraine
____ Worry/Mind Racing
____ Difficulty concentrating
____ Poor memory
____ Fatigue
____ Laughing for no reason
____ Easily angered/agitated
____ Difficulty w/ decisions
____ Dizziness/lightheaded
____ Easily startled
____ Eye problems
____ Ear ringing
____ Impaired hearing

____ Acne
____ Eczema
____ Psoriasis
____ Rashes
____ Itching
____ Dandruff

____ Muscle spasms/twitching
____ Soft brittle nails
____ Easily bruised
____ Yellowish skin/eyes
____ Hair loss/early gray
____ Temperature: Run cold Run warm Neutral
____ Sweating: Easily Rarely Hot flashes Night sweats

____ Decreased libido
____ Urinary problems
____ Urine color _____
____ Edema/swelling
____ Kidney stones

What is the BEST part of your health right now? _____

How do you feel about the following areas of your life?

	Great	Good	Fair	Poor	Bad	Comments
Significant Other	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
Family	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
Friendships	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
Diet	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
Exercise	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
Sex	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
Self-image	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
Work	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
Spirituality	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____

Do you have any history of physical, sexual, or emotional abuse? Yes No

FEMALE PATIENTS (If applicable)

1. Age of first period _____ Date and result of most recent Pap exam _____

2. **Menstruation:** (If in menopause, skip to #3 below)

First day of most recent period _____ Length between periods _____ Birth control _____

Regularity: Regular Irregular Usually early Usually late # Days of Flow: _____

Flow is typically: Heavy Moderate Light

Color is typically: Pale pink Red Bright red Dark red Purplish Brownish

Consistency is typically: Thin Thick Clotted

Discomfort with period: Abdominal bloating Lower back soreness Cramping/pain

Premenstrual Syndrome (PMS): Other _____

Irritability Bloating Mood swings Breast tenderness Water retention

Other symptoms related to menses:

Vaginal dryness Headache Nausea Diarrhea Constipation Insomnia

Ravenous appetite Low appetite Night sweats Hot flashes High libido Low libido

3. **Menopause:** Age of final period _____ Any menopause symptoms? _____

4. **All women:**

Vaginal Discharge Uterine bleeding (not related to periods)

Fibroids Fibrocystic Breasts Endometriosis Ovarian Cysts PID PCOS

Gonorrhea Syphilis Chlamydia Herpes HIV HPV

5. **Pregnancy & Adoption:**

Are you currently pregnant? Yes No Not sure Adopted Children _____

Number of: Pregnancies _____ Live births _____ Miscarriages _____

Please list any difficulties during the pregnancy and/or after delivery (e.g. morning sickness, edema, prolonged bleeding, gestational diabetes, high blood pressure, postpartum depression, etc.)

MALE PATIENTS (If applicable)

Date of last prostate exam: _____ Results: _____

Frequency of Urination: Daytime _____ Nighttime _____

Color of Urine: Clear Cloudy Dark Odor: _____

Please check all that apply:

- | | | |
|---|--|---|
| <input type="checkbox"/> Urinary hesitancy | <input type="checkbox"/> Prostate problems | <input type="checkbox"/> Increased libido |
| <input type="checkbox"/> Urinary frequency | <input type="checkbox"/> Groin pain | <input type="checkbox"/> Decreased libido |
| <input type="checkbox"/> Post-void dribbling | <input type="checkbox"/> Testicular pain | <input type="checkbox"/> Inability to ejaculate |
| <input type="checkbox"/> Retention of urine | <input type="checkbox"/> Testicular masses | <input type="checkbox"/> Premature ejaculation |
| <input type="checkbox"/> Incontinence | <input type="checkbox"/> Hernia | <input type="checkbox"/> Difficulty achieving erection |
| <input type="checkbox"/> Urinary pain/burning | <input type="checkbox"/> Discharge/sores | <input type="checkbox"/> Difficulty sustaining erection |
| <input type="checkbox"/> Rectal dysfunction | <input type="checkbox"/> Impaired fertility. | Results of Sperm Analysis: _____ |

CONSENT TO TREATMENT

I voluntarily consent to receive (or have the patient named below, for whom I am legally responsible, receive) acupuncture and traditional Chinese medicine administered by licensed acupuncturists working at Three Wells Acupuncture Clinic, Inc. who are licensed by the State of Illinois and certified by the National Certification Commission of Acupuncture and Oriental Medicine. **I understand that his/her training is in acupuncture and traditional Chinese medicine and that (s)he is not, nor claims to be, a medical doctor. I understand that the evaluation given to me in no way purports to be, or replaces, allopathic (western) medical evaluation, diagnosis, or treatment.**

I have provided a full history and description of complaints which are complete and accurate. **I understand that no guarantee has been made concerning the use and effects of acupuncture and traditional Chinese medicine.** I understand that I may discontinue treatment at any time.

I understand that acupuncture is the insertion of fine, sterile, single-use needles. As part of traditional Chinese medicine, the methods of treatment may include, but are not limited to, liniments (herbal ointments), gua sha (muscle scraping technique), cupping (myofascial release), moxa (heat therapy), tui na massage, electro-stimulation, herbal and dietary supplements, essential oils, and eastern nutritional counseling, as appropriate to treatment.

I have been informed that acupuncture is a generally safe method of treatment but that, although rare, certain side effects may result. These may include slight bleeding, minor bruising, or some discomfort at the site of needle insertion. Other possible risks from acupuncture include dizziness, fainting, or light-headedness. Extremely rare risk of acupuncture includes nerve damage, organ puncture, and infection. Extremely rare risk of heat therapy includes discomfort or burning. The herbs, nutritional supplements, and essential oils (from plant, animal, and mineral sources) that have been recommended are considered safe in the practice of Traditional Chinese Medicine, although some may be toxic in large doses. I understand that some supplements may be inappropriate in pregnancy. Rare but possible side effects of taking these supplements could be nausea, gas, stomachache, vomiting, headache, diarrhea, rashes, hives, and tingling of the tongue. I will seek medical attention, if needed. **I will also immediately notify my acupuncturist if I feel any of the aforementioned symptoms during or after an acupuncture treatment, or any unpleasant or unanticipated effects associated with the consumption of supplements obtained from this clinic.** I do not expect the acupuncturist or clinical staff to be able to anticipate and explain all possible risks and complications of treatment. I will notify the acupuncturist or clinical staff if I am or become pregnant, if I have a severe bleeding disorder, or if I am wearing a pacemaker or other electronic medical device.

By signing below, I show that I have read, or have had read to me, the above consent to treatment and have had an opportunity to ask questions. I intend this consent form to cover the entire course of treatment for my present condition and for any future condition(s) for which I seek treatment.

Signature of Patient

Date

CONSENT TO TREAT A MINOR CHILD (for children and teens under 18)

I have read the above consent and authorize the licensed practitioners at Three Wells Acupuncture Clinic, Inc. to administer acupuncture and traditional Chinese medicine as deemed necessary for my _____ (relationship).

Patient's Name _____

Date _____

Parent/Guardian Signature _____

Date _____

Clinic Policies

Welcome! We want you to be comfortable and receive the best care possible. We are here to answer any questions you might have regarding your visit, your billing, or our policies.

PAYMENT: Payment is due **at time of service**. **Amount may vary** based on whether or not you have insurance coverage, your insurance carrier, and your deductible period. **If a check is returned** for any reason, you agree to pay a **\$25 service fee** and provide an alternate method for the original payment.

INSURANCE COVERAGE: Insurance coverage is **for acupuncture treatments only**. Not all plans cover acupuncture. If we submit a claim on your behalf, you understand an insurance payment is not guaranteed until a claim is processed, and you may be responsible for an additional amount, possibly up to the full balance. If you have overpaid, we will issue a refund to you.

NON-COVERED SERVICES: **All non-acupuncture services and products** – including hair analysis, consultations, coaching, supplements, and essential oils – are not covered by insurance and full payment is **due at time of service** or purchase.

RELEASE OF INFORMATION: If billing insurance, your carrier may require medical reports to document your treatment and progress. Your signature below **authorizes the release of medical or other information** necessary to process your claim.

ASSIGNMENT OF BENEFITS: If we are billing insurance, you **authorize payment of your medical benefits to this clinic**. If your carrier sends payments owed to us directly to you, you agree to send or bring in payment to us upon receipt.

CANCELLATION: In the event of a missed appointment or less than 24 hours' notice of cancellation, you agree to pay a **\$25 cancellation fee**. More than 3 cancellations without proper notice may result in being discharged from the clinic.

NOTICE OF PRIVACY POLICY: You acknowledge you have read the Notice of Privacy Practices on the website at <https://threewellsclinic.com/forms/> or asked for a paper copy from the clinic. **You have been notified of how health information about you may be used and disclosed** by Three Wells Acupuncture Clinic, Inc. and been made aware of your privacy rights.

SUPPLEMENTS AND NUTRITION: Herbal and dietary supplements, essential oil recommendations, and/or nutritional advice are **not intended as any primary treatment, diagnosis, nor therapy** for any disease or symptom. They are provided solely to support normal and healthy physiological processes of the human body.

HAIR ANALYSIS: If you opt to order a hair tissue mineral analysis, it is **not intended as a diagnosis** and does not replace the recommendations given by your medical doctor.

COMMUNICABLE/INFECTIOUS DISEASES: Our clinic has implemented preventive measures to **reduce** the risk of spreading communicable, contagious, or infectious diseases, including, but not limited to Covid-19; it cannot eliminate all risk. Your signature below indicates **you understand the potential risks and choose to proceed with treatment**.

I have read, understand, and agree to the above policies:

X _____
Patient or Legal Guardian Signature

Date

Printed Name

Communication Consent

Patient Name: _____

Primary Phone Number: _____

- Only leave a **basic message** to call the clinic.
- Okay to leave a **detailed message** regarding instructions or response to questions.

Email address: _____

May we send **appointment reminders** to your email? Yes No
(Checking No means you will *not* get any appointment reminders from us.)

May we add you to our **email newsletter**? Yes No
(We will never spam or share your information – you may unsubscribe at any time.)

May we use **email to communicate** with you about your treatment, supplement instructions, answers to your questions, etc.? Yes No (Email is *not* HIPAA compliant.)

Signature of Patient or Legal Guardian

Date

Authorization to Release Medical Information (Optional)

By signing below, I give permission to Three Wells Acupuncture Clinic, Inc. to release written or verbal health care information to the person(s) listed below as indicated: [check all that apply]

Name	Relationship	Phone	May receive any and all info about my treatments here	Or may receive partial info only:			
				Billing only	Scheduling only	Medical treatment details only	Purchase and use of supplements only
			<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes	<input type="checkbox"/> Yes	<input type="checkbox"/> Yes	<input type="checkbox"/> Yes
			<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes	<input type="checkbox"/> Yes	<input type="checkbox"/> Yes	<input type="checkbox"/> Yes
			<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes	<input type="checkbox"/> Yes	<input type="checkbox"/> Yes	<input type="checkbox"/> Yes

I understand that this release form will stay in effect unless and until I revoke it in writing.

Signature of Patient or Legal Guardian

Date