ACHIEVE Integrative Health

AIH-Cedar Park 715 Discovery Blvd. Suite 412 | Cedar Park, TX 78613
AIH-Central Austin 1305 West 34th Street Suite 407 | Austin, TX 78705
Tel: (512) 260-1710 | **Fax:** (512) 986-6077 | **Email:** info@achieveih.com

Patient Name: **DOB:** **Date:**

NEW PATIENT FORMS

Sex: ❑ Male ❑Female	**Height:**	**Weight:**	**State:**	**Zip:**
Address:			**City:**	
E-mail				
Phone #: (H)	(W)	(C)	**Can we leave a message, if you are not available?** ❑ Yes ❑ No	
Occupation:			**Can we call you at work?** ❑ Yes ❑ No	

Preferred Method of Communication: ❑ Phone Call ❑ Text Message ❑ Email

Marital Status: ❑ Single ❑ Married ❑ Divorced ❑ Widowed ❑ Separated ❑ Minor

EMERGENCY CONTACT: Name: **Relationship:** **Phone #:**

How did you hear about us? ❑ Community Impact ❑ Drive-by ❑ Dinner Talk ❑ Postcard mailing ❑ Neighborhood Newsletter

❑ internet search: _____ ❑ Referral/Other: _____

INSURANCE INFORMATION

Policy Holder Name:	**DOB:**
Relationship to patient (if other than self):	**Phone of Policy Holder:**
PRIMARY INSURANCE CO.:	**Customer service #:**
Member ID#:	**Group#:**

PLEASE PROVIDE THIS OFFICE WITH A COPY OF YOUR DRIVER'S LICENSE & INSURANCE CARD(S)

ASSIGNMENT AND RELEASE (INSURED PATIENTS ONLY)

I certify that I (or my dependent) have insurance coverage with _____ and I AUTHORIZE, REQUEST AND ASSIGN MY INSURANCE COMPANY TO PAY DIRECTLY TO THE ACUPUNCTURE OFFICE, INSURANCE BENEFITS OTHERWISE PAYABLE TO ME. I understand that I am financially responsible for all charges whether or not paid by insurance. I hereby authorize the doctor to release all information necessary, including the diagnosis and the records of any exam or treatment rendered to me, in order to secure the payment of benefits. I authorize the use of this signature on all insurance claims, including electronic submissions.

Patient/Guardian signature _____ **Date** _____

Have you been to a Physician within the past year for any of your health problem(s)?

I (***patient's name***) _____, am notifying the medical providers, of the following:

❑ Yes ❑ No **I** have been evaluated by a physician or dentist for the condition being treated within 12 months before the acupuncture was performed. I recognize that I should be evaluated by a physician or dentist for the condition being treated by the acupuncturist.

_____ (***initials of patient/guardian***) **Date:** _____

❑ Yes ❑ No **I** have received a referral from my chiropractor within the last 30 days for acupuncture. After being referred by a chiropractor, if after two months or 20 treatments, whichever comes first, no substantial improvement occurs in the condition being treated.

If you have checked NO for both boxes above, legally we are required to refer you be evaluated by a physician prior to starting your acupuncture treatments. ***It is YOUR responsibility and YOUR choice whether to follow this advice.***

Patient/Guardian signature _____ **Date** _____

Acupuncturist's signature _____ **Date** _____

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HEALTH HISTORY

MAIN COMPLAINTS	Intensity	
If you could get rid of any health problems what would you want to get rid of. (please list in the order of importance below), and we will let you know if we can help.	On a scale of "1 to 10", please rate the intensity of your chief complaint (0 = ***no discomfort,*** 10 = ***extreme discomfort***)	
	on **AVERAGE** your complaint is	at **WORST** your complaint is:
1.	0 1 2 3 4 5 6 7 8 9 10	0 1 2 3 4 5 6 7 8 9 10
2.	0 1 2 3 4 5 6 7 8 9 10	0 1 2 3 4 5 6 7 8 9 10
3.	0 1 2 3 4 5 6 7 8 9 10	0 1 2 3 4 5 6 7 8 9 10
4.	0 1 2 3 4 5 6 7 8 9 10	0 1 2 3 4 5 6 7 8 9 10
5.	0 1 2 3 4 5 6 7 8 9 10	0 1 2 3 4 5 6 7 8 9 10
6.	0 1 2 3 4 5 6 7 8 9 10	0 1 2 3 4 5 6 7 8 9 10

Onset		What have you tried doing to resolve these problems that DID NOT work?
For each condition listed above, please mark when it first began, or when you started experiencing them?		The definition of "did not work" is you tried a treatment and you still experience the symptom(s) or still have the health problem or your labs/tests are only normal because you are taking medication(s) or the treatment did not restore your body's own ability heal itself.
1	Date began:	
2	Date began:	
3	Date began:	
4	Date began:	
5	Date began:	
6	Date began:	

Frequency		Duration
	Please check the box that best represents how frequent you feel your chief complaint(s):	when you are feeling your symptoms, how long do your symptoms last?
1	❑ daily ❑ ___ day(s) per week ❑ ___ day(s) per month ❑ ___ times per month ❑ Other:	❑ mins ❑ hours ❑ days ❑ constant
2	❑ daily ❑ ___ day(s) per week ❑ ___ day(s) per month ❑ ___ times per month ❑ Other:	❑ mins ❑ hours ❑ days ❑ constant
3	❑ daily ❑ ___ day(s) per week ❑ ___ day(s) per month ❑ ___ times per month ❑ Other:	❑ mins ❑ hours ❑ days ❑ constant
4	❑ daily ❑ ___ day(s) per week ❑ ___ day(s) per month ❑ ___ times per month ❑ Other:	❑ mins ❑ hours ❑ days ❑ constant
5	❑ daily ❑ ___ day(s) per week ❑ ___ day(s) per month ❑ ___ times per month ❑ Other:	❑ mins ❑ hours ❑ days ❑ constant
6	❑ daily ❑ ___ day(s) per week ❑ ___ day(s) per month ❑ ___ times per month ❑ Other:	❑ mins ❑ hours ❑ days ❑ constant

What Aggravates or Alleviates your Chief Complaints?

	What AGGRAVATES each of the complaints above?	What ALLEVIATES each of the complaints above?
1		
2		
3		
4		
5		
6		

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Patient Name: **DOB:** **Date:**

How are your health problems interfering with the following areas of your life?	
Work	
Family	
Hobbies	
Life	

How have you taken care of your health in the past?

Medications	Dietary Modifications	Chiropractic
Surgery	Vitamins & Supplements	Arrosti / Active Release Therapy
Injections	Acupuncture	Massage
Exercise	Chinese Herbal Medicine	Other: _____

How did the previous methods work for you? _____

_____

ARE YOU HERE VISITING US, BECAUSE YOU: (please choose one)

a) Just want to get some Relief from your symptoms, and then you'll manage the rest with medication
b) Want to Find & Correct the Root Cause of your Health problem(s), if possible, and Start a Lifestyle program for optimized living where your body can heal itself without medications or be less dependent upon medications.
c) Other: _____

If we were to sit down and discuss your life <u>3 years</u> from now and look back at today, what would have to have happened for you to be happy with your progress? *(Please take your time and don't sell yourself short!)*

_____

_____

_____

What potential barriers do you foresee that would prevent you from achieving your Health Goals? _____

_____

Do you feel it is possible to eliminate or prevent these potential barriers? _____

_____

Rate on a scale of 1-10 *(1 being lowest, 10 being highest):*

_____ How important is it for you to resolve your health concerns?
_____ Do you feel that you are coachable and would enjoy a mentor in helping you?
_____ Are you prepared to make the appropriate lifestyle changes that may be necessary in order to achieve your goals?

ARE YOU PREGNANT? : ❑Yes ❑No ❑If yes, how far along? _____

Do you exercise: ❑Never ❑Daily ❑Weekly ❑Monthly Explain:_____

_____

Do your work activities mostly involve: ❑ Sitting (time:) ❑ Standing (time:) ❑ Light Labor ❑ Heavy Labor

What is your daily/weekly intake of the following: Caffeine _____ Alcohol _____ Nicotine/Tobacco _____

Illicit Drugs: ❑Yes ❑No Comments _____

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IMAGING & TESTS	DATE (S)	RESULTS *(list area that was imaged)*
X-ray (s)		
MRI (s)		
CT (CAT) Scan (s)		
Ultrasound (s)		
Cholesterol		
Blood Sugar		
Mammagram		
PAP Smear		
Blood Tests (which?)		
Nerve Conduction		

Please check to indicate if you have ever had any of the following:

- ❑ Aids/HIV
- ❑ Alcoholism
- ❑ Allergy Shots
- ❑ Anemia
- ❑ Anorexia
- ❑ Autoimmune Disorder
- ❑ Bladder Diseases (UTI, IC)
- ❑ Bleeding Disorders
- ❑ Blood pressure (too high / too low)
- ❑ Bulimia
- ❑ Cancer
- ❑ Chemical Dependency
- ❑ Chicken Pox
- ❑ Diabetes (Type 1 / 2)
- ❑ Epilepsy
- ❑ Gall Bladder Disease
- ❑ Goiter
- ❑ Gonorrhea
- ❑ Gout
- ❑ Heart Disease
- ❑ Hepatitis
- ❑ Infertility
- ❑ Kidney Disease
- ❑ Liver Disease
- ❑ Low Blood Sugar
- ❑ Lung Disease (bronchitis, pneumonia, emphysema)
- ❑ Measles
- ❑ Mononucleosis
- ❑ Multiple Sclerosis
- ❑ Mumps
- ❑ Neuropathy
- ❑ Pacemaker, Defibrillator
- ❑ Paralysis / Semi-paralysis
- ❑ Parkinson's Disease
- ❑ Polio
- ❑ Prostate Problems
- ❑ Prosthesis
- ❑ Psychiatric Care
- ❑ Scarlet Fever
- ❑ Skin Disorders (rash, eczema, psoriasis)
- ❑ Stomach Ulcers
- ❑ Stroke
- ❑ Suicide Attempt
- ❑ Thyroid Disease (hyperthyroid, hypothyroid)
- ❑ Tuberculosis
- ❑ Typhoid Fever
- ❑ Whooping Cough

Please list ALL health care providers (family physicians, surgeons, specialists, chiropractors, etc.) currently treating you:

_____

_____

List ALL disorders you are CURRENTLY being treated for (include the dates of when you were diagnosed):

_____

_____

List ALL types of Surgeries you have had in the past (Include Dates):

_____

_____

List ALL Accidents and/or Hospitalizations you have had in the past (Include Dates):

_____

_____

List ALL Allergies (Food, Medications, Pollen, etc):

_____

List ALL Medications (prescription & over-the-counter) you are CURRENTLY taking (include duration of use & Dosage):

_____

_____

List ALL Nutritional Supplements, Herbs, or vitamins you are currently taking:

_____

_____

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LIST ALL MEDICAL CONDITIONS OF YOUR IMMEDIATE FAMILY:

	MOTHER	FATHER	BROTHERS	SISTERS
age if living				
if deceased, cause of death				
Cancer (s)				
Diabetes				
Heart Disease				
Stroke				
Autoimmune Disorders				
Mental Illness				
Other				

We find that when all of your healthcare providers are up to date with your treatment progress, it makes it easier for all of us to better help you improve your health. Is it okay if we contact the above healthcare providers to update them on the treatments you are receiving here? ❑ yes ❑ no

IMPORTANT: Complete these documents as thoroughly as possible, please be honest with yourself. Some of the questions that follow may seem unrelated to your condition, BUT they may play a major role in diagnosis and treatment. **All information is strictly confidential.**

please check all symptoms that you experience either ACUTELY or CHRONICALLY

LUNG System Function
(Large Intestine, Thyroid, Thymus)

- ❑ Shortness of Breath
- ❑ Wheezing / Difficulty Breathing / Heaviness in chest / Asthma
- ❑ Easily catch colds / Chronic Infections
- ❑ Nasal / Sinus Problems
- ❑ Nose Bleeds
- ❑ Cough (dry / productive / blood / persistent)
- ❑ Snoring
- ❑ Loss of Smell / Taste
- ❑ Dry Nose / Mouth
- ❑ Dry / Sore Throat
- ❑ Dry Skin
- ❑ Allergies, Sneezing
- ❑ Alternating fever & chills
- ❑ Excessive Sweating
- ❑ Difficult Sweating
- ❑ Headaches
- ❑ Stiff Neck & Shoulders
- ❑ Chronic sadness
- ❑ Constipation / Difficult Defecation
- ❑ hemorrhoids / Blood / Mucous in Stools

SPLEEN System Function
(Stomach, Pancreas)

- ❑ Low appetite
- ❑ fatigue after eating
- ❑ Loose stools / Diarrhea
- ❑ undigested food in stool
- ❑ Abrupt Weight Gain
- ❑ Abrupt Weight Loss
- ❑ Abdominal Bloating / Gas
- ❑ Gurgling noise in stomach
- ❑ Bleeding, swollen/painful gums
- ❑ Heartburn / Acid Regurgitation
- ❑ Nausea / Vomiting
- ❑ Frequent Belching / hiccups
- ❑ Frequent / Constant Hunger
- ❑ Stomach pain
- ❑ Bad breath
- ❑ Canker sores in the mouth
- ❑ Bruise easily
- ❑ Always worrying / over-thinking everything
- ❑ Weak / Atrophy in muscles
- ❑ whole body feels heavy
- ❑ Fluid retention (edema, heavy limbs & body)
- ❑ Swollen feet / Legs / Joints

HEART System Function *(Pituitary Gland, Small Intestine)*

- ❑ Anxiety / Restlessness
- ❑ Sores on tip of Tongue, speech problems
- ❑ Trouble falling / Staying asleep
- ❑ waking up unrefreshed, tired
- ❑ Frequent Dreams
- ❑ Mental Sluggishness / Fogginess
- ❑ Inability to focus (ADD, ADHD)
- ❑ Chest Pain traveling to shoulder
- ❑ Fast heart beat (>100 beats/min)
- ❑ Slow heart beat (<50 beats/min)
- ❑ Irregular heart beat
- ❑ Palpitations / Heart Fluttering

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LIVER System Function *(Gall Bladder, Pineal Gland)*	**KIDNEY System Function** *(Urinary Bladder, Adrenal Glands)*
❑ Alternating Diarrhea & Constipation ❑ Tight sensation in the chest ❑ Bitter taste in the mouth ❑ Irritable, Angry & frustrated frequently ❑ Mood Swings ❑ suffer from depression ❑ Skin Rashes (redness, itching) ❑ Headache at the top & sides of the Head, Migraines ❑ Numbness / Tingling Sensation ❑ Muscle Twitching / Cramping / Spasms ❑ Seizures / Convulsions, tremors, tics ❑ Lump in the throat ❑ Neck & Shoulder Tension / tightness / pain ❑ Joint Pain ❑ TMJ pain ❑ High-pitched ringing in ears ❑ Difficulty adapting to stress, teeth grinding ❑ Dizziness / poor balance / vertigo **EYES/VISION** ❑ Itchy Eyes ❑ Blood Shot Eyes ❑ Burning Eyes ❑ Dry Eyes ❑ Watery Eyes ❑ Gritty Eyes ❑ Blurry Vision ❑ Decreased Night Vision ❑ Floaters in the eyes	❑ Cold Hands & Feet ❑ Feels cold all the time whole body ❑ Hot Flashes & Night Sweats ❑ Thirsty all the time ❑ Frequent cavities, teeth problems ❑ Sore Achy / Weak Knees ❑ Lower Back Pain ❑ Memory Problems (short term & long term) ❑ Excessive hair loss, premature greying of hair ❑ Low-pitched ringing in the ears ❑ Poor Hearing / Hearing problems **URINATION** ❑ Lack of bladder control (incontinence) ❑ Wake during the night >1 time to urinate? ❑ Scanty Urination ❑ Profuse Urination ❑ Frequent Urination ❑ Urgency to urinate ❑ Difficult / Incomplete urination ❑ Painful / Burning urination ❑ Cloudy Urine ❑ Reddish urine ❑ history of chronic fear ❑ Easily startled ❑ General Weakness, low energy, chronic fatigue ❑ Low or No Libido ❑ Excessively high libido **FOR MEN ONLY** ❑ swollen testes ❑ Testicular Pain ❑ Inability to maintain erection ❑ Premature ejaculation

ACKNOWLEDGEMENT OF RECEIPT OF NOTICE OF PRIVACY PRACTICES

I acknowledge that I have reviewed the Notice of Privacy Practices of Yen Acupuncture & Herbal Clinic, Inc. dba Achieve Integrative Health

(Please initial one of the following options and sign below.)

_____ I wish to receive a paper copy of the clinic's Privacy Notice.

_____ I do not request a copy of the Privacy Notice at this time. I acknowledge that I can request a copy at any time and the Privacy Notice is posted in the office.

Please initial all below:

_____ I acknowledge that it is the policy of Yen Acupuncture & Herbal Clinic, Inc dba Achieve Integrative Health to leave reminder messages on my answering machine or with another person in my home. I may make a request of an alternative means of communication (within reason) in writing.

_____ I acknowledge that if I should have a problem or question in regard to my rights, I may speak with the Privacy Officer, Jimmy Yen, about my concerns.

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INFORMED CONSENT TO CARE

A patient coming to the doctor gives him/her permission and authority to care for them in accordance with appropriate test, diagnosis, and analysis. The clinical procedures performed are usually beneficial and seldom cause any problem. In rare case, underlying physical defects, deformities or pathologies may render the patient susceptible for injury. The doctor, of course, will not provide specific healthcare, if he/she is aware that such care may be contraindicated. It is the responsibility of the patient to make it known or to learn through health care procedures from whatever he/she is suffering from: latent pathological defects, illnesses, or deformities, which would otherwise not come to the attention of the physician. This office does not perform breast, pelvic, prostate, rectal, or full skin evaluations. These examinations should be performed by your family physician, GYN, and dermatologist to exclude cancers, abnormal skin lesions that should undergo biopsy/removal or other treatments. We also do not prescribe or refill ANY controlled substances. All prescriptions should be refilled by your original prescriber and any new prescriptions should be issued by your primary care provider.

The patient assumes all responsibility/liability if the patient does not report on health forms any past medical history, illnesses, medicines, or allergies.

I agree to settle any claim or dispute I may against or with any of these persons or entities, whether related to the prescribed care or otherwise, will be resolved by binding arbitration under the current malpractice terms which can be obtained by written request.

I understand that methods of treatment may include, but are not limited to, acupuncture, moxibustion, cupping, electrical stimulation, Tui-Na (Chinese massage), Chinese herbal medicine, nutritional counseling, and physical medicine services. I understand that the herbs may need to be prepared and the teas consumed according to the instructions provided orally and in writing. The herbs may be an unpleasant smell or taste. I will immediately notify a member of the clinical staff of any unanticipated or unpleasant effects associated with the consumption of the herbs.

I have been informed that acupuncture is a generally safe method of treatment, but that it may have some side effects, including bruising, numbness or tingling near the needling sites that may last a few days, and dizziness or fainting. Burns and/or scarring are a potential risk of moxibustion and cupping, or when treatment involves the use of heat lamps. Bruising is a common side effect of cupping. Unusual risks of acupuncture include spontaneous miscarriage, nerve damage and organ puncture, including lung puncture (pneumothorax). Infection is another possible risk, although the clinic uses sterile disposable needles and maintains a clean and safe environment.

I understand that while this document describes the major risks of treatment, other side effects and risks may occur. The herbs and nutritional supplements (which are from plant, animal and mineral sources) that have been recommended are traditionally considered safe in the practice of Chinese Medicine, although some may be toxic in large doses. I understand that some herbs may be inappropriate during pregnancy. Some possible side effects of taking herbs are nausea, gas, stomachache, vomiting, headache, diarrhea, rashes, hives, and tingling of the tongue. I will notify a clinical staff member who is caring for me if I am or become pregnant.

With any of the following issues, please consult your physician first before using any vibration machine. If you are recovering from surgery, have serious cardiovascular disease, are pregnant. You have thrombosis, joint implants, a pulmonary embolism, known retinal conditions, severe diabetes, a pacemaker, an implantable cardioverter defibrillators, hip or knee replacement, epilepsy, tumors, acute hernia recently replaced pins or plates, poor somatosensory receptor sensitivity on the plantar surfaces of the feet, or have a severe migraine. Because the VibePlate is much different than other vibration machines, we have had customers use the VibePlate for some of the above issues with no negative feedback. But we still ask you to consult your physician before using the VibePlate.

While I do not expect the clinical staff to be able to anticipate and explain all possible risks and complications of treatment, I wish to rely on the clinical staff to exercise judgment during the course of treatment which the clinical staff thinks at the time, based upon the facts then known, is in my best interest. I understand that results are not guaranteed.

I hereby authorize Yen Acupuncture & Herbal Clinic, Inc. dba Achieve Integrative Health to release any information regarding my condition to the referring physician (if any) and/or to my insurance for the processing of any claim.

Prior to receiving care a health history and physical examination will be completed. These procedures will assist the practitioner in determining which modalities are needed, or if any further examinations or studies are required. 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.

I have read and understand the above consent form.

Patient's Signature: _____ **Date:** _____

Parent or Legal Guardian (if under 18) printed name: _____

Parent or Legal Guardian Signature: _____