# COLLINGS ACUPUNCTURE & WELLNESS

HEALTH I	HISTORY FORM
Name	/Date/
Preferred to be called	/DOB/
□Male □Female Height Weight _	
Address:	
City	
Phone (home)	(work)
(cell) E-mail	
Preferred method of contact: □Email □Text (□C	cell □Home □Work)
Marital Status: □Married □Never Married □V	Vidowed □Divorced or Separated
Education: □Grammar School □High School	□College □Masters □Doctorate
Employer/ Occupation:	□Retired □Disabled □Unemployed
How many hours do you work per week?	Do you enjoy your work? □Y □N
Why/why not?	
Do you have insurance? □Y □N Carrier:	Policy Number:
Emergency Contact/Relation:	Phone:
Family Physician:	
Address:	_ Contact Number:
How did you hear about us?	
Is there any chance you are pregnant? $\Box Y \Box N$	If yes, how far along are you?
Is this your first acupuncture/bodywork/energy tre How frequently do you get acupuncture, bodywork	
What do you hope to accomplish in treatment?	
Do you have pain/tension anywhere in your body If yes, where?	
Chief complaint/ Reason for visit (symptoms, locaduration, etc.)	

Pleas	e answer the questions belo	w if applicable. Please be as spec	cific as possible:				
	When did the chief complai Have you been given a dia		so, what diagnosis and by whom				
	How long and how often does this bother you?						
>	Have you been seen any of	ther professions for the same chie	ef complaint?				
>	<ul> <li>Severity of the problem on a scale of 0-10 (0 = best; 10 = worst): At its best:/10; At its worst:/10; Average:/10; Right now:/10</li> <li>If there is pain involved, what is the pain level on a scale of 0-10 (0 = best; 10 = worst): At its best:/10; At its worst:/10; Average:/10; Right now:/10</li> <li>If there is pain involved, what is the quality of the pain? (Check all that apply) □Dull □Achy □Burning □Sharp □Stabbing □Cold □Numb □Tingling □ Throbbing □Other:</li> </ul>						
A A A	□Wind □Weather □Rest □Stress □Other:  What makes the chief comp □Wind □Weather □Rest □Stress □Other:  To what extent does the chief comp what kinds of treatment hat □Massage □Physical The □Other:	olaint feel worse? (Check all that □Work □Movement □Sitting □ef complaint interfere with your definition of the complaint int	□Lying □Massage/Pressure  apply) □Heat □Cold □Damp □Lying □Massage/Pressure  aily activities (work, sleep, sex,  e □Acupuncture □Herbs hiropractor Reiki □Homeopathy				
Curre	nt medications		<del> </del>				
Medi	cation	Dosage	Reason for taking				
Hospi	talizations or surgeries (plea	se include dates):					

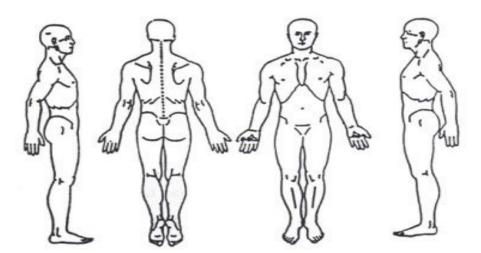
Allergies (medications, environmental, food, drugs, etc.):
Past Medical History (Please check the box):
□Diabetes □Osteoporosis □Blood Clots □Chest Pain / Angina □Asthma/COPD □Peripheral
□Vascular Disease □High Blood Pressure □High Cholesterol □Stroke/CVA/TIA □Tuberculosis
□Seizures □Depression □Anxiety □Heart Disease □Heart Attack □Heary Surgery □Congestive
Heart Failure □Heart Palpitations □Pacemaker □Hepatitis □Thyroid Disease □Arthritis □Stomach
Ulcer □Headaches □Liver Disease □Kidney Stones □Kidney Disease □HIV/AIDS
□Cancer Type: □Other (Please list):

### **Current Health Condition**

ROS	Please check all CURRENT positive findings/complaints
Constitutional	□Weight loss □Fevers □Chills □Poor appetite □Fatigue □Weight gain □Insomnia □Night sweats
_	
Eyes	□Blurry vision □Eye pain □Eye discharge □Eye redness □Decrease in vision
	□Dry eyes □Double vision
ENT	□Sore throat □Hoarseness □Ear pain □Hearing loss □Ear discharge □Nose
	bleeds □Tinnitus □Sinus problems
Cardiovascular	□Chest pain □Palpitations □Rapid heart rate □Heart murmur □Poor
	circulation □Swelling in the legs or feet
Respiratory	□Shortness of breath □Chronic cough □Coughing up blood □History of
	Tuberculosis □Excess sputum production
Gastrointestinal	□Nausea □Vomiting □Diarrhea □Constipation □Blood in the stool
	□Frequent heartburn □Trouble swallowing
Genitourinary	□Increased urinary frequency □Blood in the urine □Incontinence □Painful
	urination
	□Urinary retention □Frequent UTIs
Skin	□Rash □Hives □Hair loss □Skin sores or ulcers □Itching □Skin thickening
	□Nail changes □Mole changes
Musculoskeletal	□Joint pain □Muscle aches □Frequent leg cramps □Muscle weakness
	□Bone pain □Joint swelling □Back pain □Hip pain □Foot/Ankle pain □Carpal
	Tunnel Syndrome
Psychiatric	□Anxiety □Depression □Alcohol or drug dependence □Suicidal thoughts
	□Panic attacks □Use of anti-depressants

Endocrine	□Goiter □Heat intolerance □Cold intolerance □Increased thirst □Change in			
	skin pigment □Excess sweating			
Neurological	□Seizures □Tremors □Migraines □Numbness □Dizziness/Vertigo Loss of			
	balance □Slurred speech □Stroke			
Hem/Lymphatic	□Low blood count □Easy bruising Swollen lymph nodes □Transfusions			
	□Prolonged bleeding □Blood clots			
Allergy/Immunology	□Allergic reactions □Hay fever □Frequent infections □Hepatitis □HIV positive			
	□Positive tuberculin skin test (PPD)			
Tobacco: □Non-Smoker (never smo	ked) □Ex-Smoker □Current Smoker How many packs per day?			
Alcohol consumption:   Occasional  Frequent How many drinks per day? week?				
Family History: (Please list any known medical problems)				
Father:				
Mother:				
Siblings:				
Your Children:	Your Children:			

Please indicate with an X on the area(s) of the body where you experience pain:



Are there any areas of your life that you find stressful? Please describe:			
Do you have a regular exercise program? Days per weekLength of workout			
Type of Activity			
Do you follow any type of special diet (e.g. vegetarian, vegan, medical related, or other)? If Yes,			
what type of diet?			

Gynecological/Repro	ductive (W	omen Only	<b>/)</b> Are you p	oregnant?	□Yes □ N	0	
ls it possible that you a	re pregnan	t? □ Yes	□ No				
Number of pregnancies	S:	Live Birth	ns:	Miscarriage	es: A	bortions: _	
Premature births:	_Age at fir	st menses:		Time period	between m	enses:	
Duration of menses:	· · · · · · · · · · · · · · · · · · ·	Last PAP t	est:	Date o	of last mens	ses:	·
Do you practice birth co	ontrol?	Wha	it type?	Ho	ow long?		
□Irregular periods	⊐Painful perio	ods	□Uterin	e Fibroids	□PMS		
□Vaginal dryness/itching	□Polycystic 0	Ovarian Syndr	ome ⊐Vagir	nal sores	□Clots		
□Ovarian cysts	□Sexually tra	nsmitted dise	ase □Endo	metriosis	□Infertility		
□Unusual character of bloc	od (heavy, sca	anty)					
□Fibrocystic breast tissue							
Please complete the fo	llowing me	nstrual cha	rt:				
Color (normal, bright red,	Day 1	Day2	Day 3	Day 4	Day 5	Day 6	Day 7
pale, brown, rust, dark,							
purple, other)							
Amount of flow (normal,							
heavy, light)							
Pain/cramps (location,							
dull, sharp, other)							
Clots (describe size: large,							
small, black, purple, red,							
other)							
Vomiting/nauseas (check							
if yes)							
ii yooj							
PMS (what symptoms,							
duration of symptoms)							
Have you ever been tre	eated for en	notional pro	blems?	Yes □No	l	I	l
Have you ever conside	red or atter	mpted suici	de? □'	Yes □No			
Have you ever been tr	eated for si	ubstance al	ouse? 🖂	∕es □No			

The above information is accurate and true to the best of my knowledge. I understand that acupuncturists do not diagnose disease or prescribe medications. I further understand that acupuncture is not a substitute for medical attention or examination and treatment. I take responsibility for alerting my practitioner to any physical, mental or emotional changes that occur with my health.

Signature :		Date :	
Collings Acupuncture & Wellness	collingsacupuncture.com	collingsacupuncture@gmail.com	781.333.7667

PATIENT NAME:		
I ALIENT MAINE.		

### ARBITRATION AGREEMENT

Article 1: Agreement to Arbitrate: It is understood that any dispute as to medical malpractice, that is as to whether any medical services rendered under this contract were unnecessary or unauthorized or were improperly, negligently or incompetently rendered, will be determined by submission to arbitration as provided by state and federal law, and not by a lawsuit or resort to court process, except as state and federal law provides for judicial review of arbitration proceedings. Both parties to this contract, by entering into it, are giving up their constitutional right to have any such dispute decided in a court of law before a jury, and instead are accepting the use of arbitration. Further, the parties will not have the right to participate as a member of any class of claimants, and there shall be no authority for any dispute to be decided on a class action basis. An arbitration can only decide a dispute between the parties and may not consolidate or join the claims of other persons who have similar claims.

Article 2: All Claims Must be Arbitrated: It is also understood that any dispute that does not relate to medical malpractice, including disputes as to whether or not a dispute is subject to arbitration, as to whether this agreement is unconscionable, and any procedural disputes, will also be determined by submission to binding arbitration. It is the intention of the parties that this agreement bind all parties as to all claims, including claims arising out of or relating to treatment or services provided by the healthcare provider, including any heirs or past, present or future spouse(s) of the patient in relation to all claims, including loss of consortium. This agreement is also intended to bind any children of the patient whether born or unborn at the time of the occurrence giving rise to any claim. This agreement is intended to bind the patient and the healthcare provider and/or other licensed healthcare providers, preceptors, or interns who now or in the future treat the patient while employed by, working or associated with or serving as a back-up for the healthcare provider, including those working at the healthcare provider's clinic or office or any other clinic or office whether signatories to this form or not.

All claims for monetary damages exceeding the jurisdictional limit of the small claims court against the healthcare provider, and/or the healthcare provider's associates, association, corporation, partnership, employees, agents and estate, must be arbitrated including, without limitation, claims for loss of consortium, wrongful death, emotional distress, injunctive relief, or punitive damages. This agreement is intended to create an open book account unless and until revoked.

Article 3: Procedures and Applicable Law: A demand for arbitration must be communicated in writing to all parties. Each party shall select an arbitrator (party arbitrator) and provide National Arbitration and Mediation ("NAM") with the party arbitrator's contact information within thirty days of the date Respondent files its initial responsive pleading. A third arbitrator (neutral arbitrator) shall be selected by the arbitrators appointed by the parties from a list of arbitrators supplied by National Arbitration and Mediation ("NAM") within thirty days thereafter. The list supplied by NAM shall be a list of between 5 and 10 arbitrators, depending upon availability. The neutral arbitrator shall then be the sole arbitrator and shall decide the arbitration. Each party to the arbitration shall pay such party's equal share of the expenses and fees of the neutral arbitrator, together with other expenses of the arbitration incurred or approved by the neutral arbitrator, not including counsel fees, witness fees, or other expenses incurred by a party for such party's own benefit. Either party shall have the absolute right to bifurcate the issues of liability and damages upon written request to the neutral arbitrator.

The parties consent to the intervention and joinder in this arbitration of any person or entity that would otherwise be a proper additional party in a court action, and upon such intervention and joinder, any existing court action against such additional person or entity shall be stayed pending arbitration. The parties agree that provisions of state and federal law, where applicable, establishing the right to introduce evidence of any amount payable as a benefit to the patient to the maximum extent permitted by law, limiting the right to recover non-economic losses, and the right to have a judgment for future damages conformed to periodic payments, shall apply to disputes within this Arbitration Agreement. The parties further agree that, where not in conflict with this agreement, the Healthcare Malpractice Dispute Resolution Rules and Procedures of NAM shall govern any arbitration conducted pursuant to this Arbitration Agreement. A copy of NAM rules are available on its website at https://www.namadr.com or by calling 1-800-358-2550 to request a copy of the rules.

**Article 4: General Provision:** All claims based upon the same incident, transaction, or related circumstances shall be arbitrated in one proceeding. A claim shall be waived and forever barred if (1) on the date notice thereof is received, the claim, if asserted in a civil action, would be barred by the applicable legal statute of limitations, or (2) the claimant fails to pursue the arbitration claim in accordance with the procedures prescribed herein with reasonable diligence.

**Article 5: Revocation:** This agreement may be revoked by written notice delivered to the healthcare provider within 30 days of signature and, if not revoked, will govern all professional services received by the patient and all other disputes between the parties.

**Article 6: Retroactive Effect**: If patient intends this agreement to cover services rendered before the date it is signed (for example, emergency treatment), patient should initial here. \_\_\_\_\_. Effective as of the date of first professional services.

If any provision of this Arbitration Agreement is held invalid or unenforceable, the remaining provisions shall remain in full force and shall not be affected by the invalidity of any other provision. I understand that I have the right to receive a copy of this Arbitration Agreement. By my signature below, I acknowledge that I have received a copy.

NOTICE: BY SIGNING THIS CONTRACT YOU ARE AGREEING TO HAVE ANY ISSUE OF MEDICAL MALPRACTICE DECIDED BY NEUTRAL ARBITRATION AND YOU ARE GIVING UP YOUR RIGHT TO A JURY OR COURT TRIAL. SEE ARTICLE 1 OF THIS CONTRACT.

Patient Name (print):	Signature:	Date:
Parent or Guardian (print):	Signature:	_ Date:
Office Name:	Signature:	Date:

ALSO SIGN THE INFORMED CONSENT ON REVERSE SIDE

### ACUPUNCTURE INFORMED CONSENT TO TREAT

I understand that I am the decision maker for my health care. Part of this office's role is to provide me with information to assist me in making informed choices. This process is often referred to as "informed consent" and involves my understanding and agreement regarding the care recommended, the benefits and risks associated with the care, alternatives, and the potential effect on my health if I choose not to receive the care. Acupuncture is not intended to substitute for diagnosis or treatment by medical doctors or to be used as an alternative to necessary medical care. It is expected that you are under the care of a primary care physician or medical specialist, that pregnant patients are being managed by an appropriate healthcare professional, and that patients seeking adjunctive cancer support are under the care of an oncologist.

I hereby request and consent to the performance of acupuncture treatments and other procedures within the scope of the practice of acupuncture on me (or on the patient named below, for whom I am legally responsible) by the acupuncturist indicated below and/or other licensed acupuncturists who now or in the future treat me while employed by, working or associated with, or serving as back-up for the acupuncturist named below, including those working at the clinic or office listed below or any other office or clinic, whether signatories to this form or not.

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, and nutritional counseling. 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 have 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 appreciate that it is not possible to consider every possible complication to care. I have been informed that acupuncture is a generally safe method of treatment, but, as with all types of healthcare interventions, there are some risks to care, including, but not limited to: 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 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. I will notify a clinical staff member who is caring for me if I am, or become, pregnant or if I am nursing. Should I become pregnant, I will discontinue all herbs and supplements until I have consulted and received advice from my acupuncturist and/or obstetrician. Some possible side effects of taking herbs are: nausea; gas; stomachache; vomiting; liver or kidney damage; headache; diarrhea; rashes; hives; and tingling of the tongue.

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, as with all healthcare approaches, results are not guaranteed, and there is no promise to cure.

I understand that I must inform, and continue to fully inform, this office of any medical history, family history, medications, and/or supplements being taken currently (prescription and over-the-counter). I understand the clinical and administrative staff may review my patient records and lab reports, but all my records will be kept confidential and will not be released without my written consent.

I understand that there are treatment options available for my condition other than acupuncture procedures. These options may include, but are not limited to: self-administered care, over-the-counter pain relievers, physical measures and rest, medical care with prescription drugs, physical therapy, bracing, injections, and surgery. Lastly, I understand that I have the right to a second opinion and to secure other options about my circumstances and healthcare as I see fit.

By voluntarily signing below, I confirm that I have read, or have had read to me, the above consent to treatment, have been told about the risks and benefits of acupuncture and other procedures, and have had an opportunity to ask questions. I agree with the current or future recommendations for care. 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.

ure recommendations for care. I intend this consent form to cover the entire course of treatment for my present condition and for any ure condition(s) for which I seek treatment.
DATIENT NAME:
PATIENT NAME:
A CLIDUNCTUDICT NAME.
ACUPUNCTURIST NAME:
(Date)

### **TREATMENT WARNINGS/PRECAUTIONS**

Please completely fill out form, date each section and if nothing applies in the section for you, indicated with N/A. All sections must be dated to indicate you have read/acknowledged each section.

Name		Date//_	
Street	City	State/Zip	
Phone Number:			
ALLERGIES (i.e. Food, medication Date:	ns, seasonal, topical, metals		
			_
			<del>-</del>
SIGNIFICANT MEDIAL HISTORY (i	i.e. pace maker, metal rods,		atment:
			_
			— SIGNIFICAN
REACTION TO TREATMENT: Date:			
			_
CONSENT TREATMENTS: Date:			NON-
			<del></del>
OTHER (any additional informati	on you feel your acupunctu	rist should know):	
-			_
			_

## **COVID-19 INFORMED CONSENT TO TREAT**

I understand that the novel Coronavirus (COVID-19) has been declared a global pandemic by the World Health Organization (WHO). I further understand that COVID-19 is extremely contagious and may be contracted from various sources. I understand COVID-19 has a long incubation period during which carriers of the virus may not show symptoms and still be contagious.

I understand that I am the decision maker for my health care. Part of this office's role is to provide me with information to assist me in making informed choices. This process is often referred to as "informed consent" and involves my understanding and agreement regarding recommended care, and the benefits and risks associated with the provision of health care during a pandemic. Given the current limitations of COVID-19 virus testing, I understand determining who is infected with COVID-19 is exceptionally difficult.

U	proceed with receiving care, I confirm an	d understand the following (i	Initial in all seven places provided) Ini
	I understand my treatment may create contact, in which COVID-19 can be trans		Be charge of respiratory droplets or person-to- person
	the option to defer my treatment to a la	iter date. However, while I und	be urgent or medically necessary, and that I have derstand the potential risks associated with d with my desired treatment at this time.
I understand due to the frequency of appointments with patients, the attributes of the virus, and the characteristics of procedures, I may have an elevated risk of contracting COVID-19 simply by being in a health care office.			
	I confirm I am not experiencing any of th *Fever *Shortness of Breath	ne following symptoms of COV *Dry Cough *Runny Nose	/ID-19 that are listed below:  *Sore Throat  *Loss of Taste or Smell
I understand travel increases my risk of contracting and transmitting the COVID-19 virus. I verify that I have NOT in the past 14 days I have not traveled: 1) Outside of the United States to countries that have been affected by COVID-19; or 2) Domestically within the United States by commercial airline, bus, or train.			
I am informed that you and your staff have implemented preventative measures intended to reduce the spread of COVID-19. However, given the nature of the virus, I understand there may be an inherent risk of becoming infected with COVID-19 by proceeding with this treatment. I hereby acknowledge and assume the risk of becoming infected with COVID-19 through this elective treatment and give my express permission to you and the staff at your offices to proceed with providing care.			

I HAVE READ, OR HAVE HAD READ TO ME, THE ABOVE COVID-19 RISK INFORMED CONSENT TO TREAT. I APPRECIATE THAT IT IS NOT POSSIBLE TO CONSIDER EVERY POSSIBLE COMPLICATION TO CARE. I HAVE ALSO HAD AN OPPORTUNITY TO ASK QUESTIONS ABOUT ITS CONTENT, AND BY SIGNING BELOW, I AGREE WITH THE CURRENT OR FUTURE RECOMMENDATION TO RECEIVE CARE AS IS DEEMED APPROPRIATE FOR MY CIRCUMSTANCE. I INTEND THIS CONSENT TO COVER THE ENTIRE COURSE OF CARE FROM ALL PROVIDERS IN

THIS OFFICE FOR MY PRESENT CONDITION AND FOR ANY FUTURE CONDITION(S) FOR WHICH I SEEK CARE FROM THIS OFFICE.

Parent /
Patient Guardian Witness

SATISFACTION.

Signature:	_Signature	
Signature Name	Name	
Name:		
Date	_Date	Date:

## **COLLINGS ACUPUNCTURE & WELLNESS**

## **Cancellation Policy**

Booking an appointment means you have read and agreed to the following

policy:

Thank you choosing Collings Acupuncture & Wellness for your healthcare needs – we look forward to working with you! An acupuncture appointment at our clinic is seen as a commitment between acupuncturist and patient. We always respect your time and ask you to do the same for ours.

### **Cancellation Policy:**

We request 48 hours' notice for all rescheduled appointments and cancellations; due to the nature and size of our business we REQUIRE 24 hours' notice to not accrue a forfeiture fee. While we understand that situations come up and emergencies happen, we do not double-book the schedule and late cancellations and missed appointments greatly impact our practice.

#### Fees for missed appointments:

You may cancel or change your appointment up to 24 hours in advance of your treatment via our online booking feature. For changes or cancellations less than 24 hours in advance, you will be charged a forfeiture fee of \$60 for any acupuncture appointment and \$40 for any other holistic treatment session; if you fail to show up for your initial appointment (two hours) you will be charged the full service fee.

Late cancellations and missed appointments are NOT billable to your insurance regardless of your benefit coverage – you are required to place a credit card on file when booking online and are personally responsible for paying this fee. Also please note that treatment time is not extended for late arrivals. Thank you for understanding.

l,	understand that any change or cancellation of a scheduled
appointment is preferred 48+ hours in advan	ce and requires AT LEAST 24 hours' notice not to incur forfeiture fees. I
understand that if changes or cancellation to	my appointment are not made prior to this time frame or if I fail to show
up for the scheduled appointment I will rema	ain financially responsible for the payment in full prior to the next
treatment	