

Natural Choices Health Clinic

Your natural choice for health care

3007 SE Belmont Street, Portland, OR 97214 ph: (503) 445.7115 fax: (503) 445.7116

www.NaturalChoicesClinic.com info@NaturalChoicesClinic.com

Dr. Mary Frazel, ND

Patient Profile Intake Form

By completing this profile of your health history we can offer you more complete naturopathic care. Please be assured that we will keep this information confidential.

Legal Name: _____

Preferred Name: _____ Age: _____ Birth Date: _____

Address: _____

City: _____ State: _____ Zip Code: _____

Phone Number : _____ Email: _____

Do you prefer phone or email contact? _____ Preferred Pronouns: _____

Occupation: _____

Married Partnered Divorced Widowed Single Children: Y / N

How did you hear about us? _____

Please list, in order of importance, your health concerns and/or health goals:

1. _____

2. _____

3. _____

Where, when and for what reason did you last receive health care?

FAMILY HEALTH HISTORY

Please indicate if a family member (i.e.; Mother, Father, Grandparents, or Siblings) has had any of the following. If yes, please specify which family member in the space provided.

Condition			Family Member	Condition			Family Member
Asthma	Y	N		Kidney Disease	Y	N	
Cancer	Y	N		Mental Illness	Y	N	
Diabetes	Y	N		Tuberculosis	Y	N	
Glaucoma	Y	N		Stroke	Y	N	
Heart Disease	Y	N		Substance Abuse	Y	N	
Hypertension	Y	N					

Please indicate if you have had any of the following:

IMMUNIZATIONS

Polio	Y	N	MMR	Y	N
Mumps	Y	N	HPV	Y	N
Pertussis	Y	N	Diphtheria	Y	N
Hepatitis B	Y	N	Tetanus	Y	N
Covid-19	Y	N			
Additional immunizations:			Date of Last Tetanus shot:		

MEDICATIONS

Please indicate if you are currently taking or have taken the following:

C=Currently Taking P=Taken in the Past N=Never taken/used

Appetite Suppressants	C	P	N	Laxatives	C	P	N
Sleeping Aid	C	P	N	Tobacco	C	P	N
Birth Control	C	P	N	Cortisone	C	P	N
Thyroid Medication	C	P	N	Pain Relief	C	P	N

SUPPLEMENTS

Please list any prescription, over the counter drugs, vitamins, or any other supplements you are currently taking

Medication or Supplement	Dosage	Frequency

ALLERGIES

Please list all allergies you are aware of:

Drugs:	
Foods:	
Environmental:	

HOSPITALIZATION

Please list any illnesses and/or surgeries that required hospitalization

Event	Year

HABITS

Do You...			
Awaken rested?	Y	N	Average hours of sleep:
Enjoy work?	Y	N	Hours per week:

Watch Television	Y	N	Hours per week:	
Read?	Y	N	Hours per week:	
Take Vacations	Y	N	How often?	

Have you ever been treated for drug or alcohol abuse?	Y	N
Do you use recreational drugs?	Y	N
Do you drink alcoholic beverages? If yes, amount per week: _____	Y	N

What are your main hobbies and interests?

What forms of exercise do you get and how often?

CONDITIONS

C=Condition you currently have N=Never had P=Have had in the past

SKIN

Psoriasis	C	P	N	Acne	C	P	N
Color Change	C	P	N	Eczema	C	P	N
Hives	C	P	N	Itching	C	P	N
Lumps	C	P	N	Moles	C	P	N
Rashes	C	P	N	Scaling	C	P	N

HEAD

Hair Loss	C	P	N	Headaches	C	P	N
Skull Fracture	C	P	N	Head Injury/ TBI	C	P	N

EYE

Eye Pain	C	P	N	Cataracts	C	P	N
Double Vision	C	P	N	Dryness	C	P	N
Glasses/Contacts	C	P	N	Glaucoma	C	P	N
Impaired Vision	C	P	N	Tearing	C	P	N

EAR

Excessive Wax	C	P	N	Earaches	C	P	N
Dizziness	C	P	N	Ringling	C	P	N
Impaired Hearing	C	P	N	Trauma	C	P	N

NOSE/SINUSES

Frequent Colds	C	P	N	Hay Fever	C	P	N
Nose Bleeds	C	P	N	Sinus Pain	C	P	N
Runny Nose	C	P	N	Stiffness	C	P	N

MOUTH/THROAT

Bleeding Gums	C	P	N	Hoarseness	C	P	N
Difficulty Swallowing	C	P	N	Dental Cavities	C	P	N
Sore Throat	C	P	N	Difficulty Speaking	C	P	N

Canker Sores	C	P	N	Sore Tongue	C	P	P
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NECK

Goiter	C	P	N	Lumps	C	P	N
Pain or Stiffness	C	P	N	Swollen Glands	C	P	N
Trauma	C	P	N				

RESPIRATORY

Asthma	C	P	N	Bronchitis	C	P	N
Emphysema	C	P	N	Difficulty Breathing	C	P	N
Shortness of breath	C	P	N	Pneumonia	C	P	N
Lying down	C	P	N	Sputum	C	P	N
At night	C	P	N	Tuberculosis	C	P	N
With exertion	C	P	N	Spitting up blood	C	P	N
				Wheezing	C	P	N

CARDIOVASCULAR

Angina	C	P	N	High Blood Pressure	C	P	N
Dizziness standing	C	P	N	Murmurs	C	P	N
Heart Disease	C	P	N	Low blood pressure	C	P	N
Palpitations	C	P	N	Ankles Swelling	C	P	P
Rheumatic Fever	C	P	N				

GASTROINTESTINAL

Belching/Passing gas	C	P	N	Blood in stool	C	P	N
Diarrhea	C	P	N	Constipation	C	P	N
Heartburn	C	P	N	Gallbladder disease	C	P	N
Hemorrhoids	C	P	N	Jaundice	C	P	N
Liver Disease	C	P	N	Ulcers	C	P	N
Vomiting	C	P	N	Vomiting blood	C	P	N

URINARY

Frequent Infections	C	P	N	Night Frequency	C	P	N
Increased Frequency	C	P	N	Inability to Hold	C	P	N
Kidney Stones	C	P	N	Kidney Pain	C	P	N
Pain with Urination	C	P	N	Urethral Discharge	C	P	N

FEMALE REPRODUCTIVE SYSTEM

Age menses began:				Breast Lumps/implants?	C	P	N
Age of last menses (if menopausal):				Venereal disease	C	P	N
Duration of menses:				Birth control	C	P	N
Length between cycles:				What type?			
Are Cycles Regular?	Y		N	Number of Pregnancies:			
Painful Menses?	Y		N	Number of live births:			
Pain during intercourse?	Y		N	Number of miscarriages:			
Excessive flow?	Y		N	Number of abortions:			
Are you sexually active?	Y		N	Difficulty conceiving?	C	P	N

Sexual difficulties	Y	N	Date of last mammogram:			
Do you do monthly breast self-exams?	Y	N	Nipple discharge?	C	P	P
			Date of Last pap:			

MALE REPRODUCTIVE SYSTEM

Hernias	C	P	N	Are you sexually active?	Y	N	
Testicular pain	C	P	N	Sexual difficulties	C	P	N
Testicular masses	C	P	N	Discharge or sores	C	P	N
Prostate disease	C	P	N	Venereal disease	C	P	N

MUSCULOSKELETAL

Joint pain/stiffness	C	P	N	Broken bones	C	P	N
Joint swelling	C	P	N	Muscle cramps/spasms	C	P	N
Arthritis	C	P	N	Weakness	C	P	N

PERIPHERAL VASCULAR

Cold hands/feet	C	P	N	Varicose veins	C	P	N
Deep leg pains	C	P	N	Numb hands/feet	C	P	N
Thrombophlebitis	C	P	N	Excessive sweating	C	P	N

NEUROLOGICAL

Dizziness	C	P	N	Numbness/tingling	C	P	N
Fainting	C	P	N	Loss of memory	C	P	N
Seizures	C	P	N	Paralysis	C	P	N

ENDOCRINE/BLOOD

Anemia	C	P	N	Excessive thirst	C	P	N
Bruise/bleed easily	C	P	N	Hot/cold intolerance	C	P	N
Excessive hunger	C	P	N	Hypothyroid	C	P	N

MENTAL/ EMOTIONAL

Anxiety	C	P	N	Excessive fears	C	P	N
Depression	C	P	N	Mood swings	C	P	N
Excessive anger	C	P	N	PTSD	C	P	N

THANK YOU!

NATUROPATHIC INFORMED CONSENT TO TREAT

Patient Name: _____

Office Name: Natural Choices Health Clinic / Dr Mary Frazel, ND

Consent: I hereby request and consent to the performance of naturopathic treatments and / or other naturopathic procedures, including various modes of physical therapy and diagnostic procedures, on me (or on the patient named above, for whom I am legally responsible) by the doctor of naturopathy named above and/or other licensed doctors of naturopathy who now or in the future treat me while employed by, working or associated with or serving as back-up for the doctor of naturopathy named above, including those working at the clinic or office listed above or any other office or clinic whether signatories to this form or not.

Type of Care: I have had an opportunity to discuss with the doctor of naturopathy named above and/or with clinic personnel the nature and purpose of naturopathic care and procedures. A description of the specific care which is currently contemplated follows:

Homeopathic, herbal, nutritional, and lifestyle treatment.

No Guarantee: I understand that results are not guaranteed.

Recital of Risks: I understand and am informed that, as in the practice of medicine, in the practice of naturopathy, there are some risks to treatment, including, but not limited to:

Pain, discomfort, blistering, minor bruising, discoloration, infections, burns, itching; loss of

consciousness and deep tissue injury from needle insertions, topical procedures, heat or frictional

therapies, hydrotherapies, allergic reaction to prescribed herbs, supplements, prescription

medication; soft tissue or bony injury from physical manipulations; aggravation of pre-existing

symptoms.

I do not expect the doctor to be able to anticipate and explain all risks and complications, and I wish to rely on the doctor to exercise judgment during the course of the procedure which the doctor feels at the time, based upon the facts then known, is in my best interests.”

Agreement and Continuous Effect: I have read, or have had read to me, the above consent. I have also had an opportunity to ask questions about its content, and by signing below I agree to the above-named procedures. 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.

PATIENT SIGNATURE **X**

(Or Patient Representative)

(Indicate relationship if signing for patient)

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Dear New Patient,

Welcome to our clinic. We, the healthcare providers at the Natural Choices Health Clinic, look forward to providing for your health needs. We encourage your questions and participation in all aspects of your health care. **Please read and initial the following:**

_____ **I understand that full payment for all services and products I receive from Natural Choices Health Clinic and its practitioners is required at the time of service, except that portion billed to my insurance company.**

_____ **Further, I understand that Natural Choices Health Clinic may submit my bill to insurance carrier, if I so request, and that I am responsible for any services not covered by my insurance company, as well as, any co-pay, coinsurance or deductible required by my insurance.**

_____ **You will be charged a Missed Appointment fee of \$75.00 for any missed appointments. This includes late cancellations with less than 24 hours notice or arriving more than 15 minutes late to your scheduled appointment.**

_____ **I give permission for the staff at NCHC to contact me via telephone or email and leave a message that may contain appointment or medical information if I am not available.**

_____ **I hereby give my consent for Natural Choices Health Clinic to use and disclose protected health information about me to carry out treatment, payment and health care operations. The Notice of Privacy Practices provided upon request describes such uses and disclosures more completely.**

We accept MasterCard, VISA, Debit cards, checks, and cash. There will be a charge of \$25.00 for returned checks due to insufficient funds. We can arrange payment plans.

You recognize, understand and agree that your health care provider is a sole practitioner and is not a partner or otherwise affiliated with any other health care provider who may be providing similar services at the Natural Choices Health Clinic. You further recognize, understand and agree that your health care provider is solely responsible for and shall provide all professional services to you, and you are relying solely on your practitioner's skill for the professional services rendered at the Natural Choices Health Clinic.

Your health care provider may prescribe medication, which may be purchased either at the Natural Choices Health Clinic or elsewhere. Most insurance companies do not cover the pharmacy items that we prescribe and dispense.

I have read and understand the above-stated policies of the Natural Choices Health Clinic and will comply with them in all respects. If my insurance company requires release of my medical records, I hereby give my permission by signing this form.

Your Signature (parent or guardian if minor)

Print your name (parent or guardian if minor & patient name)

Date

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Acknowledgment of Receipt of Notice of Privacy Practices (HIPAA)

This document is to be signed by a person legally responsible for the patient's medical decisions relative to the treatment situation.

I, _____, hereby acknowledge that Natural Choices
Patient's name
Health Clinic has offered to provide me with a copy of its *Notice of Privacy Practices* that describes the manner in which my medical information may be used and disclosed, as well as how I can access this information for myself. I understand that if I have questions or complaints I may contact:

National: Region X, Office for Civil Rights
US Dept. of Health/Human Services
2201 Sixth Avenue--Suite 900
Seattle, WA 98121-1831
1-866-627-7748

Local: Dept. of Human Resources
500 Summer St, NE
Salem, OR 97301
503-945-5944

I also understand that I am entitled to receive updates upon request if Natural Choices Health Clinic amends or changes its *Notice of Privacy Practices* in any way.

Signature of patient or legal sig

Relationship to Patient,
(if signed by someone other than patient)

Date

SECTION BELOW FOR OFFICE USE ONLY:

In the event that Natural Choices Health Clinic is unable to obtain written acknowledgment from the patient, the following must be completed:

I made a good faith effort to obtain a written acknowledgment of receipt of the Notice of Privacy Practices from the above-named patient, but was unable to because:

- Patient declined to sign this Written Acknowledgment.
- Other (specify): _____

Name and title of employee

Date