



# ADULT INTAKE FORM

FILE: \_\_\_\_\_

## PERSONAL INFORMATION

Date: \_\_\_\_\_ Preferred Name: \_\_\_\_\_

First Name: \_\_\_\_\_ M.I.: \_\_\_\_\_ Last Name: \_\_\_\_\_

Address: \_\_\_\_\_

City / State / Zip : \_\_\_\_\_ Native Language: \_\_\_\_\_

Cell Phone : ( \_\_\_\_\_ ) \_\_\_\_\_ Alternative Phone ( \_\_\_\_\_ ) \_\_\_\_\_

Text Reminders: Y N Before Appointment: 1 hr 4 hr 1 day Phone Carrier: \_\_\_\_\_

Email: \_\_\_\_\_ (For updates on office hours, events and emergencies, ect. )

Birth Date: \_\_\_\_\_ Age: \_\_\_\_\_ Sex : M F

Occupation: \_\_\_\_\_ Employers Name: \_\_\_\_\_

Marital Status : S M D W Spouses Name: \_\_\_\_\_ # of Children \_\_\_\_\_

Children's Ages: \_\_\_\_\_ Do you have insurance? Y N Company \_\_\_\_\_

Are you a Member of Chiro Health USA discount program? Y N

Who can we thank for referring you or how did you hear about Rubinstein Family Chiropractic?

## REASON FOR SEEKING CARE

Are you seeing Wellness Care or do you have an Active/Pain complaint? (circle)

**Wellness** : continue on next page

**Active/Pain** : please explain below

**FIRST COMPLAINT** : \_\_\_\_\_

When did this begin? \_\_\_\_\_ Have you seen any other provider for this? No Yes

How would you rate the pain? (0-no pain- 10-the worst pain) **NOW:** 0 1 2 3 4 5 6 7 8 9 10

**WORST** 0 1 2 3 4 5 6 7 8 9 10 **BEST** 0 1 2 3 4 5 6 7 8 9 10

What is this affecting that is MOST important in your life? (circle) *Sleeping Standing Sitting*  
*Dressing Walking Driving Employment Quality of life Caring for children*

Other: \_\_\_\_\_

Have you seen a chiropractor before? Yes No How long ago? \_\_\_\_\_

**SECOND COMPLAINT?** \_\_\_\_\_

When did this begin? \_\_\_\_\_ Have you seen any other provider for this? No Yes

How would you rate the pain? (0-no pain- 10-the worst pain) **NOW:** 0 1 2 3 4 5 6 7 8 9 10

**WORST** 0 1 2 3 4 5 6 7 8 9 10 **BEST** 0 1 2 3 4 5 6 7 8 9 10

What is this affecting that is MOST important in your life? (circle) *Sleeping Standing Sitting*  
*Dressing Walking Driving Employment Quality of life Caring for children*

Other: \_\_\_\_\_

## HEALTH CONCERNS

### DID YOU KNOW...

Each health concern relates to a specific area of the spine and nervous system?

- |   |   |
|---|---|
| <input type="checkbox"/> Anxiety/Depression | <input type="checkbox"/> Fatigue/Sleep Issues   |
| <input type="checkbox"/> Digestive Trouble  | <input type="checkbox"/> Dizziness              |
| <input type="checkbox"/> Nausea/Vomiting    | <input type="checkbox"/> Ringing in Ears        |
| <input type="checkbox"/> Diabetes           | <input type="checkbox"/> Sensitivity to Light   |
| <input type="checkbox"/> Hypertension       | <input type="checkbox"/> Loss of Concentration  |
| <input type="checkbox"/> Arthritis          | <input type="checkbox"/> Memory Problems        |
| <input type="checkbox"/> Loss of Balance    | <input type="checkbox"/> Headaches              |
| <input type="checkbox"/> Neck/Back Pain     | <input type="checkbox"/> Stiffness/ Flexibility |
| <input type="checkbox"/> Pain in Arms/Legs  | <input type="checkbox"/> Sinus Trouble          |
| <input type="checkbox"/> Irritability       | <input type="checkbox"/> Cold Hands/Feet        |

Please explain any boxes checked above or add additional concerns: \_\_\_\_\_

Is there anything else regarding your current condition you think we should know? \_\_\_\_\_

Do you have a family history of health problems? No Yes explain: \_\_\_\_\_

Do you have a history of trauma or surgery? No Yes explain: \_\_\_\_\_

## MEDICATIONS

- |   |                                      |
|---|--------------------------------------|
| <input type="checkbox"/> Anxiety/Depression | <input type="checkbox"/> Cholesterol |
| <input type="checkbox"/> Blood Pressure     | <input type="checkbox"/> ADD/ADHD    |
| <input type="checkbox"/> Pain Narcotics     | <input type="checkbox"/> Diabetes    |
| <input type="checkbox"/> Muscle Relaxers    | <input type="checkbox"/> Other _____ |
| <input type="checkbox"/> Migraine/ Headache | <input type="checkbox"/> Other _____ |

## VITAMINS/SUPPLIMENTS

- |  |                                |
|--|--------------------------------|
| <input type="checkbox"/> Multi-Vitamin | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Pre-Natal     | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Calcium       | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Fish Oil      | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Probiotics    | <input type="checkbox"/> _____ |

## GOALS FOR YOU CARE

What is your level of commitment to yourself and your health? 1 2 3 4 5 6 7 8 9 10

### What is your Ultimate Goal:

1. Corrective Care  
Reduce Pain and discomfort

2. Transition Care  
Feeling better some symptoms remain

3. Wellness Care  
Feeling great, improved function

What health goal, if you were to complete or accomplish it would have the greatest impact on your life?

\_\_\_\_\_

# STRESS QUESTIONNAIRE

Most life stresses can be grouped into 3 main categories: Physical, Chemical, and Emotional Stress, all of which can lead to stress in your spine and cause health problems.

Please circle any of the following stresses you experience on a regular basis.

## Physical Stress

Physical Pain    Low Energy/ Fatigue    Job/Hobbies Cause Discomfort  
 Tightness/Stiffness    History of Accidents/Injuries    Difficulty with Physical Activities  
 Other \_\_\_\_\_

## Chemical Stress

Fast Food/Highly Processed Food    Medications ( Prescription or OTC)    Consume Alcohol  
 Amalgam Fillings    Makeup/Lotion/Other Products    Tobacco\*  
 Other \_\_\_\_\_

*\*If you currently or have a history of smoking:*

how often/how much? \_\_\_\_\_ When did you quit? \_\_\_\_\_

## Emotional Stress

Work/Job    School    Health    Finances    Family    Daily Schedule  
 Other \_\_\_\_\_

What else about your health or your life do you feel is important for the doctor to know? No Yes

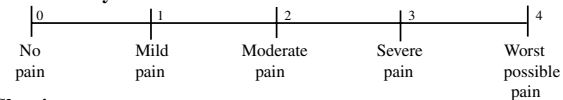
\_\_\_\_\_

# FUNCTIONAL RATING INDEX

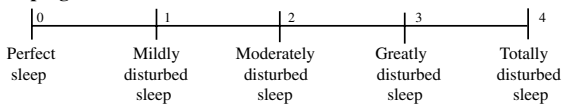
For use with **Neck and/or Back Problems** only.

In order to properly assess your condition, we must understand how much your **neck and/or back problems** have affected your ability to manage everyday activities. For each item below, **please circle the number which most closely describes your condition right now.**

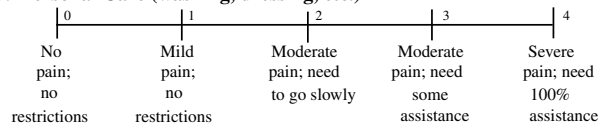
### 1. Pain Intensity



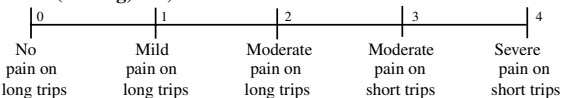
### 2. Sleeping



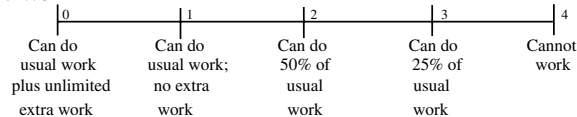
### 3. Personal Care (washing, dressing, etc.)



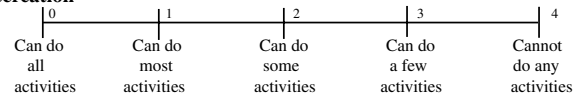
### 4. Travel (driving, etc.)



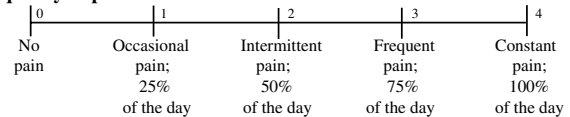
### 5. Work



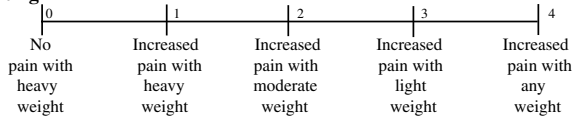
### 6. Recreation



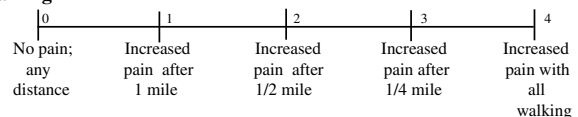
### 7. Frequency of pain



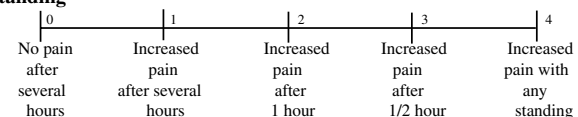
### 8. Lifting



### 9. Walking



### 10. Standing



# HEALTH CARE AUTHORIZATION FORM

I have been provided with a copy of the Notice of Privacy Practices for Protected Health Information. The Notice of Privacy Practices describes the types of uses and disclosures of my Protected Health Information (PHI) that will occur in my treatment, payment of my bills or in the performance of health care operations of this chiropractic office. A copy of our notice is provided and we encourage you to read it and request your own copy if you would like one.

This Notice of Privacy Practices also describes my rights and duties of the Chiropractor with respect to my protected health information. I hereby give permission to Rubinstein Family Chiropractic Center to use and/or disclose Protected Health Information in accordance with the following:

## **SPECIFIC AUTHORIZATIONS:**

I give permission to Rubinstein Family Chiropractic to use my address, phone number and clinical records to contact me with appointment reminders, missed appointment notification, birthday cards, holiday related cards, newsletters, information about treatment alternatives or other health related information.

If Rubinstein Family Chiropractic contacts me by phone, I give them permission to leave a phone message on my answering machine or voice mail.

I give permission to Rubinstein Family Chiropractic to use my name on a welcome board, referral board, and birthday board.

I give permission to Rubinstein Family Chiropractic to use my photograph on their patient picture bulletin board and other marketing materials such as their brochure, website and ads in print media.

I give permission to Rubinstein Family Chiropractic to use any testimonial written by me for marketing purposes such as, sharing with other patients or potential patients, in their brochure, on their website or in ads in print media.

I give Rubinstein Family Chiropractic permission to treat me in an open room where other patients are also being treated. I am aware that other persons in the office may overhear some of my protected health information during the course of care. Should I need to speak with doctor at any time in private, the doctor will provide a room for these conversations.

By signing this form you are giving Rubinstein Family Chiropractic permission to use and disclose your protected health information in accordance with the directives listed above.

The use of this format is intended to make your experience with our office more efficient and productive as well as to enhance your access to quality health care and health information. This authorization will remain in effect for the duration of my care at Rubinstein Family Chiropractic plus 7 years or until revoked by me.

## **RIGHT TO REVOKE AUTHORIZATION:**

You have the right to revoke this AUTHORIZATION, in writing, at any time. However, your written request to revoke this AUTHORIZATION is not effective to the extent that we have provided services or taken action in reliance on your authorization.

You may revoke this AUTHORIZATION by mailing or hand delivering a written notice to the Privacy Official of Rubinstein Family Chiropractic. The written notice must contain the following information:

- Your name, Social Security number and date of birth;
- A clear statement of your intent to revoke this AUTHORIZATION;
- The date of your request; and
- Your signature.

The revocation is not effective until it is received by the Privacy Official.

This AUTHORIZATION is requested by Rubinstein Family Chiropractic for its own use/disclosure of PHI. *(Minimum necessary standards apply.)*

I have the right to refuse to sign this AUTHORIZATION. If I refuse to sign this AUTHORIZATION, Rubinstein Family Chiropractic will not refuse to provide treatment however, it will not be possible for Rubinstein Family Chiropractic to file third party billing on my behalf and I will be responsible for 1) payment in full at the time services are provided to me 2) scheduling my own appointments since Rubinstein Family Chiropractic will be unable to contact me 3) all contact with Rubinstein Family Chiropractic regarding my care. *Additionally, any collection activity as permitted by law is not waived by refusal to sign the authorization.* I have the right to inspect or copy, within boundaries, the protected health information to be used/disclosed. A reasonable fee for copying will apply. A copy of the signed authorization will be provided to me.

## HEALTH CARE AUTHORIZATION FORM CONTINUED

### HEALTHCARE AUTHORIZATION

I have read and understand this Healthcare Authorization Form and acknowledge receipt of The Notice of Privacy Practices for Protected Health Information. My signature below represents agreement with these practices.

Patient's name (please print): \_\_\_\_\_

Patient's Signature: \_\_\_\_\_

Today's Date: \_\_\_\_\_

### Name of Personal Representative (if someone is designated to act on your behalf/or for a minor)

Parent or Personal Representative name (please print): \_\_\_\_\_

Signature: \_\_\_\_\_

Description of Representative's Authority to Act on Patient's Behalf: \_\_\_\_\_

## FINANCIAL AND OFFICE POLICY

Our goal is to provide the highest quality of healthcare possible for our patients. In order to achieve this goal we need your commitment as well.

- We urge our patients to follow the doctors recommendations for care. Please keep your appointments as scheduled or call the office within 24 hours to make any changes.
- I authorize Rubinstein Family Chiropractic to release any information deemed appropriate concerning my physical condition to any insurance company, attorney, or adjuster in order to process any claims for reimbursement for charges incurred by me.
- Chiropractic care in this office deals with vertebral subluxation, and may be billed under the S8990 adjustment code While we will provide an itemized receipt upon your request, we anticipate that care will not be reimbursed by a third party carrier as this is considered wellness or maintenance care. This does not apply to PI, Medicare or Medicaid. HSA and FLEX spending may still be utilized. This notice is not an official Medicare or other insurance carrier decision.
- I authorize the direct payment to Rubinstein Family Chiropractic of any sum I now or hereafter owe by my attorney out of settlement in my case or by any insurance company obligated to make payment to me or Rubinstein Family Chiropractic base in whole or part upon charges made for services received.
- If you have an auto accident, a workers compensation injury or other injury that insurance requires direct billing, you will be expected to complete all the paperwork necessary for us to file the claim on your behalf.
- If you need to make special arraignments, please ask. We will do our best to accommodate your financial needs.
- I understand that I will be responsible for fees billed to my or my child/children's account for all services received at the time of service.

**I understand that most major medical insurance only covers active complaints and I will be responsible for denied insurance claims considered to be wellness or supportive care.**

**I understand I am responsible for deductible , copayment or non covered services with payment due to this office at the time of service and additional payment may be required after insurance processes claims.**

**Account balances over 30 days will be charged to my credit card unless prior arrangements have been made.**

We accept MasterCard, Visa, American Express, Cash and Checks in exchange for services.

Signature \_\_\_\_\_

Date \_\_\_\_\_

## INFORMED CONSENT

We encourage and support a **shared decision making process** between us regarding your health needs. As a part of that process you have a right to be informed about the condition of your health and the recommended care and treatment to be provided to you so that you can make the decision whether or not to undergo such care with full knowledge of the known risks. This information is intended to make you better informed in order that you can knowledgeably give or withhold your consent.

**Chiropractic** is based on the science which concerns itself with the relationship between structures (primarily the spine) and function (primarily of the nervous system) and how this relationship can affect the restoration and preservation of health.

**Adjustments** are made by chiropractors in order to correct or reduce spinal and extremity joint subluxations. **Vertebral subluxation** is a disturbance to the nervous system and is a condition where one or more vertebra in the spine is misaligned and/or does not move properly causing interference and/or irritation to the nervous system. The primary goal in chiropractic care is the removal and/or reduction of nerve interference caused by vertebral subluxation.

A chiropractic examination will be performed which may include spinal and physical examination, orthopedic and neurological testing, palpation, specialized instrumentation, radiological examination (x-rays), and laboratory testing.

The chiropractic adjustment is the application of a precise movement and/or force into the spine in order to reduce or correct vertebral subluxation(s). There are a number of different methods or techniques by which the chiropractic adjustment is delivered but are typically delivered by hand. Some may require the use of an instrument or other specialized equipment. In addition, physiotherapy or rehabilitative procedures may be included in the management protocol. Among other things, chiropractic care may reduce pain, increase mobility and improve quality of life.

In addition to the benefits of chiropractic care and treatment, one should also be aware of the existence of some risks and limitations of this care. The risks are seldom high enough to contraindicate care and all health care procedures have some risk associated with them.

Risks associated with some chiropractic treatment may include soreness, musculoskeletal sprain/strain, and fracture. Risks associated with physiotherapy may include the preceding as well as allergic reaction and muscle and/or joint pain. In addition there are reported cases of stroke associated with visits to medical doctors and chiropractors. Research and scientific evidence does not establish a cause and effect relationship between chiropractic treatment and the occurrence of stroke; rather, recent studies indicate that patients may be consulting medical doctors and chiropractors when they are in the early stages of a stroke. In essence, there is a stroke already in process. However, you are being informed of this reported association because a stroke may cause serious neurological impairment.

I have been informed of the nature and purpose of chiropractic care, the possible consequences of care, and the risks of care, including the risk that the care may not accomplish the desired objective. Reasonable alternative treatments have been explained, including the risks, consequences and probable effectiveness of each. I have been advised of the possible consequences if no care is received. I acknowledge that no guarantees have been made to me concerning the results of the care and treatment.

I have read the above paragraph. I understand the information provided. All questions I have about this information have been answered to my satisfaction. Having this knowledge, I knowingly authorize Rubinstein Family Chiropractic LLC, Dr. J. Shimon Rubinstein DC and/or Dr. Melissa Rubinstein DC to proceed with chiropractic care and treatment.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date