A Natural Choice

Dr. Heather Boyd-Roberts, N.D.
360-573-CARE (2273)
www.anaturalchoice.org
help@anaturalchoice.org

Name: _____ Today's Date: _____
Last First Middle

Age: _____ Birth Date _____ Single ___ Married____ Div. ___ Sep.___ Sig. Other ___ Gender: Female ◯ Male ◯

Home Address: _____ Home Phone:_____
Street or PO Box City State Zip Code Cell Phone:_____

Can we leave personal information on your voicemail or message system? Home phone: yes or no Cell phone: yes or no
(circle one) (circle one)

Employer & Address: _____ Work Phone_____

When & Where are the best times to reach you? _____
Email Address**:** _____
Spouse/Parent Name: _____
Spouse Address:_____ Work Phone:_____
Street or PO Box City State Zip Code

If someone other than the PATIENT is responsible for payment, complete the following:

Name of responsible party _____ Address: _____
Relationship to patient: _____ Cell Phone: _____
Employer: _____ Work Phone:_____
Address: _____

EMERGENCY CONTACT INFORMATION

Name: _____ Phone Number: _____

Please sign and return to the receptionist

I authorize Dr. Heather Boyd-Roberts to furnish my insurance company with all information which the insurance company may request concerning my present illness or injury with the exception of those results which require specific authorization as determined by law. I assign to the doctor all money to which I am entitled for medical expenses relative to the services performed from time to time, but not to exceed my indebtedness to the physician. I understand this office cannot accept responsibility for collecting insurance claims or negotiating a settlement on a disputed claim. Some services provided are not covered by insurance. Whatever the outcome of my insurance claim, I am responsible for payment of my account.

I acknowledge that I am financially responsible for all charges and these will be paid at the time of service. If it becomes necessary to effect collections of any amount owed on this or subsequent visits the undersigned agrees to pay for all costs and expenses, including reasonable attorney fees. I hereby authorize the doctor to release information necessary to secure payment of benefits.

Signed: _____ **Print Name:** _____ **Date:** _____

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Pediatric Intake

Infant to Adolescence

Name _____

Name and address of Dr.'s office/hospital/clinic where your child's health records are kept

_____

_____

What are your child's most important health problems? _____

_____

_____

Medications

	Now	Past		Now	Past		Now	Past
Aspirin			Antibiotics			Decongestant		
Tylenol			Anti-histamine			Ibuprofen		
Inhaler			Asthma meds.			Topical Steroids		

Allergies to medicines _____

Medical History

_____chicken pox _____scarlet fever _____bronchitis _____tonsillitis, no. of times

_____measles _____pneumonia _____rubella _____ear infections, no.___

_____mumps _____frequent cold _____eczema _____asthma

_____croup _____other_____

X-rays and Special studies

	When	Where	Results
Electroencephalogram			
Psychological			
Hearing			
Speech/Language			

Injuries/Surgeries/Hospitalizations

_____

_____

_____

Immunizations

_____measles ____polio _____MMR _____small pox _____diphtheria
_____mumps ____DPT _____tetanus _____influenza others_____

Any adverse reactions to immunizations? (Please specify) _____

Family History

_____heart disease _____diabetes _____birth defects _____cancer _____mental illness
_____hypertension _____arthritis _____tuberculosis _____allergies _____hay fever
_____allergies _____eczema

Previous pregnancies by natural mother, miscarriages, or complications: _____
_____

Mother's age at child's birth: _____

Mother's health during pregnancy:
_____bleeding _____hypertension _____illness _____cigarettes, alcohol, drugs
_____nausea _____diabetes _____thyroid problems _____physical or emotional trauma

Symptoms

Please circle Y = a condition your child has now. N = never had. P = has had in the past

Hives	Y N P	burning of urine	Y N P	bloody urine	Y N P
Eczema	Y N P	frequent urination	Y N P	cries easily	Y N P
bleeding gums	Y N P	heart murmur	Y N P	nervous	Y N P
nose bleeding	Y N P	vomiting spells	Y N P	sleep problems	Y N P
acne	Y N P	anemia	Y N P	night sweats	Y N P
high fevers	Y N P	stomach aches	Y N P	sensitive to light	Y N P
chronic rash	Y N P	jaundice	Y N P	body/breath odor	Y N P
hearing loss	Y N P	easy bruising	Y N P	motion/car sick	Y N P
diarrhea	Y N P	flat feet	Y N P	no appetite	Y N P
sore throats	Y N P	constipation	Y N P	nightmares	Y N P
frequent headaches	Y N P	gas	Y N P	canker sores	Y N P
wheezing	Y N P	bleeding tendency	Y N P	unusual fears	Y N P

Any other condition not mentioned? _____

Diet

Please describe your child's typical daily diet: _____
_____
_____

Food intolerances (if known):_____

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HEALTH HISTORY

1. Main health concern and other comments:

_____
_____
_____
_____
_____
_____
_____
_____

Answer the following questions.

Recreational Drugs used recently or excessively in the past - Specify _____

Did you smoke before? If yes, how long and when did you stop? _____

Did you drink alcohol excessively before? If yes, when did you stop? _____

In the past 18 months have your experienced:

Divorce or separation from a loved one	Y	N
Death of a loved one	Y	N
Bankruptcy or major financial hardship	Y	N
Serious illness or injury	Y	N
Loss of job	Y	N
Significant legal challenges	Y	N
Relocation of home	Y	N

Rate your stress level on a scale of 1-10 where 10 is high _____

What is the main reason for your stress?

_____

If over level 5, what steps are you taking to reduce your stress level? _____

_____

List Drug Names, Dosage and Reason for Taking Including Over the Counter medication:

_____
_____
_____
_____
_____
_____

2. List any supplements you are currently taking and why:

_____
_____
_____
_____

3. Any surgeries, hospitalizations, trauma or accidents including elective surgeries such as breast implants or mole removal:

_____
_____
_____
_____
_____
_____
_____
_____
_____
_____

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5. Please list any history of significant family illness (e.g. cancer, diabetes, arthritis, osteoporosis, heart disease, stroke, neurological disease, lupus and autoimmune diseases, alcoholism etc.). Next to the condition write the relative who has the condition (ie self, mother…):

Mother Illnesses / Age: _____

Father Illnesses/ Age: _____

Brothers Illnesses/Age: _____

Sisters Illnesses/ Age: _____

Grandparents maternal Illnesses/Age: _____

Grandparents paternal Illnesses/Age: _____

Other: _____

6. **List your Food, Environment or drug allergies**

_____

_____

_____

_____

7. Please write 2 days of your typical diet below:

Breakfast _____

_____

_____

Lunch _____

_____

_____

Dinner _____

_____

_____

Breakfast _____

_____

_____

Lunch _____

_____

_____

_____

Dinner _____

_____

_____

8. Circle the following if you:

- Diet often ☐ Skip meals
- Do not exercise regularly ☐ Vegetarian
- Are under excessive stress ☐ Are exposed to chemicals
- Irregular eating times ☐ Eat after 7pm regularly

- Smoke cigarettes - How many per week? _____
- Drink alcohol - How many per week? _____
- Drink coffee - How many per week? _____
- Drink soda pop - How many per week? _____
- Use sugar - How much each day? _____
- Drink less than 8 glasses of purified water daily? N Y
- Eat less than 5 servings of veggies & fruit daily N Y

9. How many meals per week do you prepare at home?

_____

10. How many meals do you eat per week in a sit down restaurant? _____

11. How many meals do you eat per week in a fast food restaurant? _____

12. Do you have a pacemaker? **Y N**

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Please complete these questions with thought. I realize they are challenging, but they are crucial for me to understand your needs. If you are bringing your child to our clinic, please complete this as your desires for your child and your understanding of our approach etc.

Context of Care

NAME _____ **DATE** _____

1. Why have you chosen our clinic to support your health needs? _____
2. What three expectations, concerns, or goals do you have from your visit today? _____
3. For your care to be a true win for you, what do you want to take place over the course of your care? _____
4. What do you feel you understand about our approach? _____
5. What expectations do you have of me personally as your doctor? _____
6. Reflect on your highest priorities in life and list the top 3 that come to your mind and speak to your heart. Then list your top 3 favorite things to do? _____
7. What behaviors or lifestyle habits do you currently engage in regularly that you believe support your health? (Please list).
8. What behaviors or lifestyle habits do you currently engage in regularly that you believe are self destructive lifestyle habits? (Please list). _____
9. What potential obstacles do you foresee in addressing the lifestyle factors, which are undermining your health? _____

10. What is your potential level of commitment to address any underlying causes of your signs and symptoms that relate to your lifestyle? (Rate from 0 to 10, 10 being 100% committed). 1 2 3 4 5 6 7 8 9 10

    Who do you know that will sincerely support you consistently with the beneficial lifestyle changes you will be making? ___
    _____
    _____

11. How long do you feel it will take to reach your desired state of health? _____
    ___

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Cancellation / No Show Policy

- A Natural Choice scheduled appointments represent time set aside specifically for you as a patient. We have a significant waiting list of patients who would love to take any cancelled appointments. People need time to adjust their schedule to take advantage of this. Because of this we have a new policy, all cancellations must be made by noon 48 hours prior to your appointment. If your appointment is on Monday, your cancellation must be made by noon, the Friday before your appointment.

- Patients who cancel or no show on three separate occasions will be allowed to schedule additional appointments only at the discretion of the staff at A Natural Choice.

- If you do not cancel by noon 48 hours prior to your appointment, you will be charged 50% of the cost of your scheduled visit.

My signature indicates that I have read and understand the A Natural Choice cancellation and no show policies.

Patient or Legal Guardian Signature: _____Date:_____

IMPORTANT OFFICE POLICIES

In an ongoing effort to serve our patients more effectively and efficiently, we have established the following policies and procedures.

To assist us in our ability to provide you with excellent care, please read the following information carefully. If you require clarification or have any questions, please consult with our staff.

1. Clinic Hours: Our clinic is open from 8:00 AM to 5:30 PM, Monday – Friday.

2. Ordering Supplements:
The success of your Nutrition Plan is dependent on your following through with the prescribed supplement plan. Please refill through us. Products that have the same label and are seemingly from the same company online are not necessarily the same quality.

We do not have an online store at the request of our vendors so to order. To place an order you can stop by, call us or email us at help@anaturalchoice.org. Orders over $75 ship for free.

Keep an eye out for out upcoming Loyal Program and make sure when you order you ask about our specials.

3. Payment policies:
   a. For patients without health insurance, payment in full for all clinic services and products is expected on the day of service.
   b. For patients with health insurance, if your coverage has not been verified prior to your first visit, payment in full for all clinic services and products is expected on the day of service. If your coverage can be verified prior to your next visit, you will then be responsible for only your co-pay, non-covered services, and products at that time.
   c. For services covered by insurance we will bill your insurer. Co-payments and percentage due will be expected on the day of service. Note that insurance companies do not cover supplements and some services and payment for these is expected on the day of service.
   d. Payment may be made by check, cash, debit card, Visa, MasterCard, or Discover card.

I have read and understand the policies and procedures of Natural Choice Health Care.

Signature:_____ Date:_____

Print Name:_____ Date:_____

CONSENT FOR TREATMENT AND ACKNOWLEDGEMENT OF RECEIPT OF NOTICE

I authorize A Natural Choice and its personnel to provide ongoing medical care, treatment and procedures as order by the physicians and/or other health care providers. I acknowledge that no guarantee can or will be made as to the results of the care, treatment and medication prescribed.

Printed Name: _____ Signature:_____ Date:_____

Notice: Patient Privacy

We are committed to preserving the privacy of your personal health information. In fact, we are required by law to protect the privacy of your medical information and to provide you with Notice describing:

How Medical information about you may be used and disclosed and how you can access this information.

- We are required by law to have your written consent before we use or disclose to others your medical information for purposes of providing or arranging for your health care, the payment for or reimbursement of the care that we provide to you and the related administrative activities.
- We may be required or permitted by certain laws to use and disclose your medical information for other purposes without your consent.
- As our patient, you have important rights relating to inspecting and copying your medical information that we maintain, amending or correcting that information, obtaining an accounting of our disclosures of your medical information, requesting that we communicate with you confidentially, requesting that we restrict certain uses and disclosures of your health information and complaining if you think your rights have been violated.
- We have available, a detailed **Notice of Privacy Practices** which fully explains your rights and our obligations under the law. We may revise our Notice from time to time.
- You have the right to receive a copy of our most current Notice in effect. If you have not yet received a copy of our current Notice, please ask at the front desk and we will provide you with a copy.
- If you have any questions concerns or complaints about the Notice or your medical information, please contact our office at (360) 573-2273.

Acknowledgement of Receipt of Notice of Privacy Practices
(To be filed in patient's health records)

I have been presented with a copy of the Notice of Privacy Practices, detailing how my health information may be used and disclosed as permitted under federal and state law, and outlining my rights regarding my health information.

( ) I choose to restrict all persons other than myself access to my medical records and/or billing information.

( ) I choose to authorize the following individuals(s) to have access to my medical records and/or call on behalf of my billing information, please list them below:

Spouse _____

Other_____Relationship_____

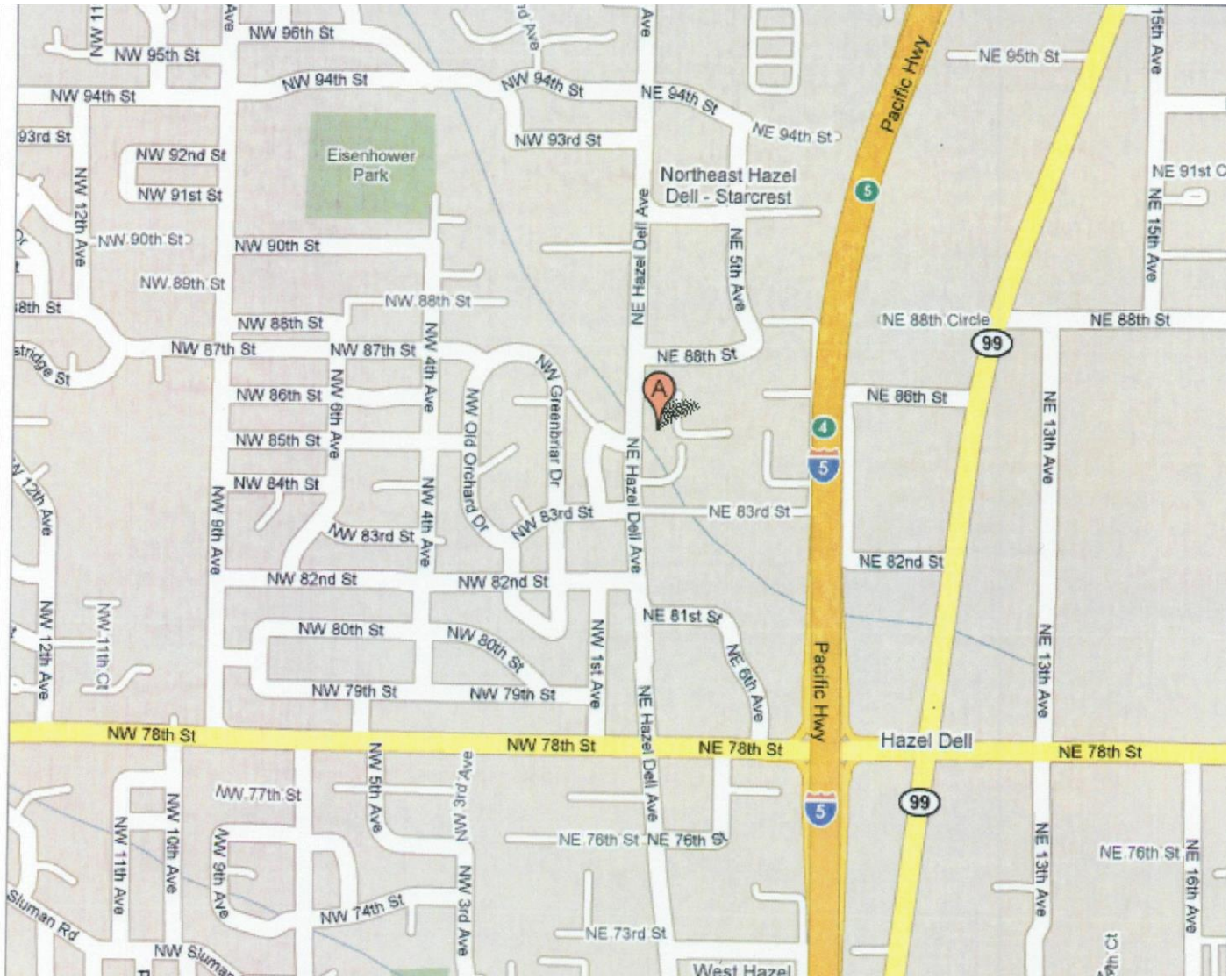
Your signature_____Date_____

Relationship (if not signed by patient)_____

Address: 8513 NE Hazel Dell Ave, Suite #203

If you are travelling south on I-5 take the 99th Street exit. Turn right onto 99th Street. Turn left at the next major intersection, Hazel Dell Ave. Drive past the Target store on the left. Shortly after the Target store you will see a tan building with a black roof on the left side of the road. Pull into the drive way of Oak Place Professional Offices. We are located in the back building on the second floor, Suite 203.

If you are travelling north on I-5 take the 78th street exit. Turn left onto 78th Street. Turn right at the next major intersection, Hazel Dell Ave. Drive past the Safeway in the JM Plaza on the right. Our driveway is shortly past the white insurance house that you will see on the right side. Turn right into the Oak Place Professional Offices. We are the back building, upstairs in Suite 203.



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