

Dear Patient,

Thank you for your interest in naturopathic care at Partners in Healing of Minneapolis and the opportunity to be a partner with you in your health. Naturopathic medicine approaches health from a holistic perspective and provides safe, effective, natural medicine tailored specifically to you.

The following pages are the start of our comprehensive discussion to learn about you. This form is somewhat long, but I appreciate your time to thoughtfully answer these questions.

The first office visit is where we gather the largest amount of information. This visit will be a thorough assessment of your health and you will need to allow approximately 1 to 2 hrs (depending upon the complexity of your health concerns).

In order for us to prepare for this visit, we kindly request that this form be mailed or faxed to Partners in Healing of Minneapolis at least 2 days prior to your first appointment.

Additionally, if you are taking any supplements and/or medications, have recent laboratory work, or pertinent medical records, please bring these to the visit.

If you are unable to keep your scheduled appointment time, **please let us know at least 48 hours prior to the scheduled time** so that we may allow other patients to have your appointment.

Thank you again for your interest in working with me. I look forward to meeting you.

Sincerely,

Dr's Nate & Nita Champion
Naturopathic Doctors

Confidential Patient Information

Today's Date: _____

Patient Name: _____		
Age: _____	Date of Birth: _____	Height: _____ Weight: _____
Address: _____		City: _____ State: _____ Zip: _____
Home Phone: _____	Cell Phone: _____	Phone Work: _____
S.S. # _____	Sex: Female / Male	Marital Status: Single / Married / Divorced

Who referred you or how did you hear about us?	
Other practitioner ____ who? _____	Friend ____ who? _____
Internet search (specify website): _____	Other: _____

Employment Status: Retired / Full time / Part time / Not employed	Student: Full time / Part time
Name of Employer: _____	Occupation: _____
Name of Spouse (or parent for minor child): _____	S.S. #: _____
Emergency Contact: _____	Relationship to you: _____ Phone: _____

Insurance Company: _____	Name of Insured: _____
Relationship to the Insured: _____	Date of Birth: _____
Employer: _____	Policy/ID #: _____ Group #: _____

We are excited to keep in touch with you! Please provide us with an email address to receive our E-Newsletter for healthy living tips, clinic announcements, specials, discounts, etc.	
Email Address: _____	(you may opt-out anytime you wish)

Clinic Policy requires payment at time of services.

Patient's Signature

Parent or Guardian's Signature

Date

Please Print Name

Please Print Name

Consent to Treatment (Informed Consent)

I, _____, hereby voluntarily consent to outpatient care at Champion Naturopathic Health/Partners in Healing of Minneapolis, encompassing, but not limited to the following:

- Interview (history taking)
- Physical Examination
- Routine Diagnostic procedures
- Routine Laboratory work (blood, stool, urine, saliva, etc.)
- Homeopathic medicines (highly dilutes substances)
- Botanical medicines/Nutraceuticals (supplements)
- Dietary Advice & Clinical Nutrition

I further consent to the performance of those diagnostic procedures, examinations and rendering of medical treatment by the medical staff and their assistants, including their designees as is necessary in the medical staff's judgment.

I understand that the treatment suggestions provided are not all accepted by the United States FDA and therefore should not be taken as such.

I understand that this consent form will be valid and remain in effect as long as I receive medical care at Champion Naturopathic Health/Partners in Healing of Minneapolis.

Notice to pregnant women: all female patients must alert the provider if they know or suspect that they are pregnant, since some of the therapies could present a risk to the pregnancy.

I acknowledge that I have been provided ample opportunity to read this form or that it has been read to me. I also understand that it is my responsibility to request that the provider explain therapies and procedures to my satisfaction. I further acknowledge that no guarantees have been given to me concerning the results intended from the treatment. I intend that this consent form is to cover the entire course of treatments for my present condition and any future conditions for which I am seeking treatment.

Signature of Patient or Person Authorized to consent for patient:

_____ Date: _____

If the patient is a minor or is unable to consent, please complete the following:

Patient is a minor and is _____ years of age.

Name of Father: _____ Name of Mother: _____

Please read the following regarding your financial obligations while under the care of Dr. Nate Champion and/or Dr. Nita Champion at Partners in Healing of Minneapolis.

- Payment is due at the time of service.
- We accept cash, check, debit and credit cards including Visa, Master Card, and Discover.
- We do not accept insurance, however:
 - Out of courtesy to our patients we will prepare a health insurance claim form and submit it to your insurance company requesting reimbursement for your visit charges.
 - We will also bill your insurance company for labs, bloodwork, and/or imaging. Specialized labs will not be billed through insurance.
- All new patients are required to provide a valid credit card number, expiration date and billing zip code in order to schedule a new patient appointment.
- **New patient appointments:**
 - We require 48 hours notice for cancelations for new patient visits. If you fail to cancel or do not show for your appointment without notification, your credit card will be charged \$100.
 - If you cancel with less than 48 hours notice but choose to reschedule at that time your credit card will be charged \$50.
- **Follow up visits:**
 - We require 24 hours notice for cancelations for follow up visits. If you fail to cancel or reschedule within 24 hours of your visit or do not show for your visit, your credit card will be charged \$25.
- **Phone consultations:**
 - We bill for phone consultations with our doctors. They often require the same time and expertise as office visits.
 - Billing for phone consults will be at the doctor's discretion. Phone calls requiring uncomplicated questions regarding treatment are often not billed but phone calls requiring an extended discussion or a number of questions will likely be billed.
- There are no refunds for services or labs.
- We would like to share with you briefly why we have implemented this cancellation policy. We spend a great amount of time and energy with each and every one of our new patients because we are committed to providing the highest quality of care. In order for us to do so, our new patient visits require us to block off large time slots, which creates scheduling problems when canceling or rescheduling visits at the last minute. We have implemented this policy for us to be able to continue providing this level of individualized care, for each and every patient.

By signing this agreement you are indicating that you understand and agree to the terms of service explained above. You are also indicating that you give permission to us to charge your credit card for missed appointments, phone consultations, or any of the above stipulations that may apply to you. **We will automatically charge this card as described by the terms above.** If you request, phone consultations or other services may be paid with another card or account at the time of service. Your card on file can also serve as a convenient way to pay for supplements or services without having to wait in line at check out. As a courtesy, our front desk staff will call on the work day prior to your **new** patient appointment to remind you of your scheduled time. All other follow ups visits are your responsibility to remember.

Name of patient of legal guardian: _____

Signature: _____ Date: _____

Type of card: Visa MC Discover Card number: _____

Expiration date: _____ Security Code: _____ Billing zip code: _____

Confidentiality Statement (HIPAA)

Our commitment to your privacy

Our practice is dedicated to maintaining the privacy of your health information. We are required by law to maintain the confidentiality of your health information.

Outlined below is a brief summary of your rights and protections under the Health Insurance Portability & Accountability Act (HIPAA). You can learn more details regarding your rights by visiting the following website: <http://www.hhs.gov/ocr/privacy/hipaa/understanding/index.html> or by calling 1-866-627-7748.

Your rights regarding your health information

1. Ask to see and get a copy of your health records.
2. Have corrections added to your health information.
3. Receive a notice that tells you how your health information may be used or shared.
4. Decide if you want to give your permission before your health information can be used or shared for certain purposes, such as marketing.
5. Request where you would like to be contacted.
6. Ask that your information not be shared. For example, you could ask your doctor not to share your medical record with other doctors in the office.
7. If you believe your rights are being denied or your health information isn't being protected, you can:
 - a. File a complaint with your doctor
 - b. File a complaint with the U.S. Government

Shared information within Partners in Healing of Minneapolis

In order to provide you with the best quality health care we do at times consult with our colleagues. Information regarding your medical history or current treatment plan may be shared with the other doctors/practitioners at Partners in Healing of Minneapolis.

If you have any questions regarding this notice or our health information privacy policies, please contact the Office Manager at Partners in Healing of Minneapolis.

Name of Patient or Legal Guardian: _____

Signature: _____ **Date:** _____

Name: _____ Date: _____

What are your most important health concerns? List in order of importance:

1. _____
2. _____
3. _____
4. _____
5. _____

Family History

	Father	Mother	Siblings	Mat/Paternal Grand M/F				Spouse	Children
				MGM	MGF	PGM	PGF		
Age if living									
Age when died									
Reason for death									

Place an X in the appropriate location below if it applies.

Allergies									
Alzheimer's Disease									
Anxiety Disorder									
Arthritis									
Asthma									
Auto-Immune Disease									
Cancer _____									
Cancer _____									
Cancer: _____									
Celiac Disease									
Depression									
Diabetes Type 1									
Diabetes Type 2									
Gallbladder Disease									
Heart Attack:									
High Blood Pressure									
Mental Illness									
Osteoporosis									
Stroke									
Thyroid Disease									
Other _____									
Other _____									

Doctor, Hospitalization, Surgery, Imaging

Please Note When & Why You Have Had Each of the Following:

X-Rays: _____ MRI/CT Scans: _____

Ultrasounds: _____ EKG: _____

Last Dental Visit: _____ Last Eye Exam: _____

List any other major illness, trauma, medical interventions not yet mentioned:

Allergies

Please list any medication, food, environmental, or other allergies: _____

Medications (Prescription & Over-the-Counter)

Medication Name	Condition Treated	Dosage
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		
9.		
10.		

Supplements

Name	Brand	Dosage
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		
9.		
10.		

Habits/Lifestyle

Exercise	Activity Type	# mins	Frequency	Soda	Y N	#cups/day:	regular / diet
Cardio				Coffee	Y N	#cups/day:	regular / decaf
Weights				Sweet Tooth	Y N	Amt/day:	Type:
Stretching				Cigarettes	Y N Past	# pack/day	# years:
Other				Water	# cups (8oz)/day _____		
				Alcohol	# _____ drinks every _____		
Active Spiritual Practice? Y N				Type:			
Main Interests & Hobbies?							
Hrs of Sleep per night? ____		Awake Rested? Y N		Need Naps? Y N		How often?	
History of Abuse? Y N		Type of Abuse:					
Eat 3 meals/day? Y N		Diet often? Y N		Current Weight?		Ideal Weight?	
Recreational Drugs? Y N		Rehab? Y N		Type of Recreational Drug(s):			

REVIEW OF SYSTEMS

Mental / Emotional

Now Past

Now Past

		Treated for emotional problems			Depression
		Mood Swings			Anxiety or Nervousness
		Considered/Attempted suicide			Tension
		Poor Concentration			Memory problems

Immune

Now Past

Now Past

		Reactions to immunizations			Reactions to vaccinations
		Chronic Fatigue Syndrome			Chronic infections
		Chronically swollen glands			Slow wound healing

Endocrine

Now Past

Now Past

		Hypothyroid			Heat Intolerance
		Hypoglycemia			Cold Intolerance
		Excessive Thirst			Excessive Hunger
		Fatigue			Diabetes

Neurologic

Now Past

Now Past

		Seizures			Paralysis
		Muscle Weakness			Numbness or Tingling
		Loss of Memory			Easily Stressed
		Vertigo or Dizziness			Loss of Balance

Skin

Now Past

Now Past

		Rashes			Eczema, Hives
		Acne			Itching
		Color Change			Perpetual Hair Loss
		Lumps			Night Sweats
		Nails weak			Athlete's foot
		Cuts heal slowly			Dry Skin

Head

Now Past

Now Past

		Headaches			Head Injury
		Migraines			Jaw Pain/TMJ problems

Eyes

Now Past

Now Past

		Spots in eyes			Dry, Burning, or Itchy
		Impaired vision			Eye Pain/Strain
		Blurry eyes			Cataracts
		Color Blindness			Glasses/Contacts
		Bloodshot, Red, or Puffy			Mucus or Discharge

Ears

Now Past

Now Past

		Impaired Hearing			Ear Discharge
		Earaches			Excessive Earwax
		ringing			Dizziness

Nose and Sinuses

Now Past

Now Past

		Frequent Colds			Post Nasal Drip
		Stiffness			Loss of Smell or Taste
		Sinus Problems			Difficulty Swallowing
		Nose Bleeds			Allergies, Runny Nose

Mouth and Throat

Now Past

Now Past

		Frequent Sore Throat			Copious Saliva
		Teeth Grinding			Sore Tongue/Lips
		Gum Problems			Hoarseness
		Dental Cavities			Jaw clicks

Neck

Now Past

Now Past

		Lumps			Swollen Glands
		Goiter			Pain or Stiffness

Respiratory

Now Past

Now Past

		Cough			Pneumonia
		Spitting up Mucus or Blood			Bronchitis
		Wheezing			Emphysema
		Asthma			Chest Pain
		Shortness of Breath			Shortness of Breath Lying Down

Cardiovascular

Now Past

Now Past

		Heart Disease			Angina
		High Blood Pressure			Murmurs
		Low Blood Pressure			Chest Pain
		Blood Clots			Fainting
		Swelling in Ankles			Heart Beats Fast or Irregularly

Gastrointestinal

Now Past

Now Past

		Trouble Swallowing			Heartburn
		Change in Thirst			Indigestion
		Change in Appetite			Frequent Belching/Burping
		Nausea			Frequent passing gas
		Vomiting			Constipation

Now	Past		Now	Past	
		Ulcer			Diarrhea
		Jaundice/Yellow Skin			Black Stools
		Gallbladder Disease			Blood in Stool or On Toilet Paper
		Liver Disease			Floating Stool
		Hemorrhoids			Undigested Food in Stool
		Bad Breath			Foul odor of Stool or Gas
		Rectal Pain or Itching			Straining/Difficulty having a Bowel Mov't
		Heaviness after eating			# of Bowel Movements per day:

Urinary

Now	Past		Now	Past	
		Pain on Urination			Increased Frequency
		Frequency at night			Inability to Hold Urine
		Frequent Infections			Kidney Stones
		Blood in Urine			Incomplete Urination or Dribbling

Musculoskeletal

Now	Past		Now	Past	
		Joint Pain or Stiffness			Arthritis
		Broken Bones			Weakness
		Muscle Spasms or Cramps			Sciatica
		Joint Swelling			Numbness or Tingling

Blood / Peripheral Vascular

Now	Past		Now	Past	
		Easy Bleeding or Bruising			Anemia
		Deep Leg Pain			Cold Hands/Feet
		Varicose Veins			Inflammation/Swelling of Vein

Male Reproduction

Now	Past		Now	Past	
		Hernias			Testicular Masses
		Testicular Pain			Prostate Disease
		Sexually Transmitted Diseases			Discharge or Sores
		Impotence			Premature Ejaculation
		Sexually Active			Sexual Orientation?

Female Reproduction / Breasts

Now	Past		Now	Past	
		Irregular Periods			Heavy Periods
		Pain Prior To or With Periods			Hot Flashes
		Depressed or Irritable Around Periods			Diminished or Excessive Sex Drive
		Painful or Swollen Breasts			Difficulty Reaching Orgasm
		Lumps in Breast			Miscarriages (How Many?)
		Nipple Discharge			Abortions (How Many?)
		Vaginal Discharge			Pelvic Pain
		Vaginal Pain or Itching			Difficulty Conceiving
		Sexually Active			Pain With Intercourse
		Cervical Dysplasia			Number of Pregnancies?
		Endometriosis			Number of Live Births?
		Abnormal PAP			Menopausal Symptoms
		Ovarian Cysts			Length of Cycle?
		Sexually Transmitted Diseases			Length of Period?
		Age of Last Period (if menopausal)?			Date of Last Annual Exam/PAP?

Is there anything else you would like to add or comment on? _____