



Great Lakes Chiropractic

116 Central Ave East St. Michael, MN 55376
PH: 763-515-6650 | FAX: 763-777-9186

Adult Health History

Updated: 12/2021

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Date _____ Name _____ Age _____ Birth Date _____

Email _____ Social Security # _____ Marital Status: M S W D

Race/ethnicity _____ Language Preference _____

Address _____ City _____ State _____ Zip _____

Home Phone _____ Work Phone _____ Cell Phone _____

Occupation _____ Employer _____

Name of Spouse/Guardian _____ Spouse/Guardian Phone _____

Spouse's Employer _____ Occupation _____

Names and Ages of Children _____

Emergency Contact _____ Phone _____

Family Medical Doctor/Clinic _____

How were you referred to our office? _____

HISTORY OF PRESENT ILLNESS:

COMPLAINT – What is the purpose of this appointment? _____

LOCATION – Where does it hurt? Left? Right? Both sides? _____

QUALITY OF PAIN - How would you describe your problem? Please circle all that apply.

| | | | | |
|-------|----------|-------------------|----------------------|----------------------|
| Sharp | Shooting | Burning | Numb | Tingly |
| Dull | Achy | Sharp with Motion | Shooting with Motion | Stabbing with Motion |

Other: _____

FREQUENCY OF PAIN - How often do you have this problem? Please check

| | | | |
|----------------------------------|---------------------------------|-----------------------------------|--|
| Constantly (75-100% of the time) | Frequently (50-75% of the time) | Occasionally (25-50% of the time) | Intermittently (less than 25% of the time) |
|----------------------------------|---------------------------------|-----------------------------------|--|



SEVERITY – How would you rate the severity of your problem?

| | | |
|------|----------|--------|
| Mild | Moderate | Severe |
|------|----------|--------|

RADIATING – Does your pain radiate anywhere in your body? If yes, please describe

NIGHT PAIN – Do you have pain at night? If yes, please describe

AGGRAVATING FACTORS - What makes your problem worse? Please circle all that apply.

| | | | | |
|-------------------|-----------------|-----------------|----------------------|-----------------|
| Always there | Gardening | Shoveling | Standing up | Yard Work |
| Bending | Working Out | Sitting | Standing (long time) | Weather Changes |
| Driving | Lifting Objects | Sleeping | Stress | While at Work |
| Flexing/extending | Painting | Climbing Stairs | Computer Work | Sports: |

Other, describe _____

RELIEVING FACTORS - What makes your problem better? Please circle all that apply.

| | | | | |
|----------------------|----------------|--------------------|------------------|-----------|
| Adjustments | Heat | Ibuprofen | Standing | Warm Bath |
| Bending Forward | Ice | Tylenol | Stretching | Nothing |
| Exercising | Massage | Rx Pain Medication | TENS/Muscle Stim | |
| Pain Relieving Cream | Muscle Relaxer | Resting | Walking | |

Other _____

Who have you seen for this problem? Please circle all that apply.

| | | | |
|--------------|-------------|---------------------|--------------------|
| Chiropractor | ER Doctor | Massage Therapist | Physical Therapist |
| Neurologist | Orthopedist | Primary Care Doctor | No One |

When and Where? _____

Other _____

How long have you had this problem? # ____ Year(s) # ____ Month(s) # ____ Week(s) # ____ Day(s)

How did this problem begin? Please circle all that apply.

| | | | | |
|---------|---------------|-------------|------|---------------|
| Unknown | Auto Accident | Work Injury | Fall | Sports Injury |
|---------|---------------|-------------|------|---------------|

Describe _____

Other, describe _____

If you participate in any sports? Please circle all that apply.

| | | | | |
|-----------|-------------|--------------|--------------|------------|
| Aerobics | Skiing | Basketball | Soccer | Baseball |
| Bicycling | Swimming | Football | Tennis | Golf |
| Lacrosse | Volleyball | Hockey | Walking | Softball |
| Running | Working Out | Martial Arts | Yoga/Pilates | Triathlons |

Other _____



For each of the conditions listed below, place a ✓ in the "past" column if you have had the condition in the past. If you presently have a condition listed below, place a ✓ in the "present" column.

| PAST | PRESENT | SYMPTOM | PAST | PRESENT | SYMPTOM | PAST | PRESENT | SYMPTOM |
|------|---------|----------------------|------|---------|----------------------|------|---------|----------------------|
| | | Headache | | | Rheumatoid Arthritis | | | Gallbladder disorder |
| | | Neck pain | | | Cancer | | | Hepatitis |
| | | Upper back pain | | | Benign tumor | | | Ulcer |
| | | Mid back pain | | | Asthma | | | General fatigue |
| | | Low back pain | | | Chronic Sinusitis | | | Visual disturbances |
| | | Shoulder pain | | | High blood pressure | | | Dizziness |
| | | Elbow/upper arm pain | | | Heart attack | | | ringing in the ears |
| | | Wrist pain | | | Chest pains | | | Diabetes |
| | | Hip pain | | | Kidney stones | | | Frequent urination |
| | | Upper leg pain | | | Kidney disorder | | | Drug dependence |
| | | Knee pain | | | Bladder infection | | | Alcohol dependence |
| | | Ankle/foot pain | | | Prostate problems | | | Depression |
| | | Jaw pain | | | Weight gain/loss | | | Anxiety |
| | | Joint pain/stiffness | | | Abdominal pain | | | Lupus |
| | | Arthritis | | | Liver disorder | | | Epilepsy/seizures |
| | | Loss of Sleep | | | Heartburn | | | Eczema/rash |

Other: _____

FAMILY HISTORY: (circle if applicable and indicate whether family member is **F**ather, **M**other, **S**ister, **B**rother):

| | | |
|-----------------------|------------------------|------------------------|
| Tuberculosis F M S B | Cancer F M S B | Mental Illness F M S B |
| Diabetes F M S B | Asthma F M S B | Heart Disease F M S B |
| Arthritis F M S B | Kidney Disease F M S B | Lung Disease F M S B |
| Stroke F M S B | Liver Disease F M S B | Headaches F M S B |
| Low back pain F M S B | Neck Pain F M S B | Migraines F M S B |

Other _____

FEMALES ONLY: When was your last menstrual cycle? _____

Are you pregnant? Yes ___ No ___ Not Sure ___ Due Date: _____

Please ✓ if any of the following apply:

| PAST | PRESENT | |
|------|---------|---|
| | | Birth control pill/patch, shot etc. Please specify: |
| | | Hormone replacement: Describe |
| | | Loss/termination of pregnancy: |



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MEDICATIONS/SUPPLEMENTS:

What medications are you taking? List dose/frequency

List any nutritional supplements you are taking (vitamins, herbs, naturopathic remedies, etc) _____

Please list all surgical/hospitalizations you have had, including dates _____

Do you have allergies of any kind? **Yes** or **No** If yes, describe: _____

Have you had any PAST trauma (example: auto accident, work injury, broken bones/stitches)? Include dates:

Have you been treated for any health condition/any **other** health problems (no matter how insignificant they may seem be) by a physician in the last year? **Yes** or **No**

If yes, describe: _____

PREVIOUS CHIROPRACTIC HISTORY

Have you had any previous chiropractic care? **Yes** or **No**

Clinic Name/Doctor: _____

When was your last adjustment: # _____ Year(s) # _____ Month(s) # _____ Week(s) # _____ Day(s)

SOCIAL HISTORY:

Do you drink alcoholic beverages? **Yes** or **No** If yes, how much per week? _____

Have you ever used tobacco? **Yes** or **No** If yes, how much per day: _____

If a former tobacco user, date you quit _____

Patient's Signature: _____ Date: _____

Guardian's Signature Authorizing Care: _____ Date: _____

NOTES:

Dr. Signature: _____

Date: _____



STANDARD CONSENT

When a patient seeks Chiropractic health care, and we accept a patient for such care, it is essential for both doctor and patient to be working towards the same objective. Chiropractic has only one goal. It is important that each patient understand both the objective and the method that will be used to attain it. This will prevent any confusion or disappointment.

Adjustment: An adjustment is the specific application of forces to facilitate the body’s correction of vertebral subluxations. Our chiropractic method of correction is by specific adjustments of the spine.

Health: A state of optimal physical, mental, and social well-being, not merely the absence of disease or infirmity.

Vertebral Subluxation: A misalignment of one or more of the 24 vertebra in the spinal column which causes alteration of nerve function and interference to the transmission of mental impulses, resulting in a lessening of the body’s innate ability to express its maximum health potential.

We do not offer to diagnose or treat any disease or condition other than vertebral subluxation. However, if during the course of a Chiropractic spinal examination, we encounter non-chiropractic or unusual findings, we will advise you. If you desire advice, diagnosis, or treatment for these findings, we will recommend that you seek the services of a health care provider who specializes in that area.

Regardless of what the disease is called, we do not offer to treat it. Nor do we offer advice regarding treatment prescribed by others. Our only practice objective is to eliminate a major interference to the expression of the body’s natural ability toward self-healing. Our only method is specific adjusting to correct vertebral subluxations.

Any procedure intended to help may also do harm. While chiropractic procedures done in this office are usually considered remarkably safe and effective, please understand there are occasional and rare complications which have been documented. While the chances of experiencing these complications are extremely small, it is the practice of this office to fully inform and educate all of our patients about them. Cervical manipulations have rarely caused injuries to the small blood vessels that go to and from the upper neck to the brain. The risk of this occurring is thought to be one in three million to one in fourteen million, according to several studies. These other complications include but are not limited to:

- | | | | |
|--------------------|----------|-----------|-----------------|
| pain | burns | swelling | sensory changes |
| soft tissue injury | bruising | bleeding | stroke(CVA) |
| discoloration | fracture | dizziness | inflammation |
| disc injury | nausea | weakness | soreness |

By signing below, I understand that there is no guarantee or warranty of a specific cure or result. I understand that I can request specific additional information from the doctor regarding treatment risk. Given this information, I consent to care.

SIGNATURE OF PATIENT (OR RESPONSIBLE PARTY, IF MINOR)

DATE

GUARDIAN/SPOUSE SIGNATURE TO AUTHORIZE CARE

DATE



FINANCIAL POLICY

INSURANCE: You should be prepared to present your current insurance card. All claims will be submitted to your insurance carrier unless otherwise specified. We do not have a way to access the terms of your insurance policy and therefore cannot quote coverage or benefit levels or guarantee that your insurance company will cover the services we have provided. If you have questions, please call your insurance carrier directly.

I understand and agree that health and accident insurance policies are an arrangement between an insurance carrier and myself. Furthermore, I understand that Great Lakes Chiropractic will prepare any necessary reports and forms to assist me in making collection from the insurance company and that any amount authorized to be paid directly to Great Lakes Chiropractic will be credited to my account. However, I agree that I am personally responsible for all services not paid for by my insurance. I also am responsible for any annual deductibles applicable, copayments, or non-covered services as may be required by my insurance plan. I also understand that if I suspend or terminate, any fees for professional services rendered me will be immediately due and payable.

COPAYS: Co-payments are due *on the day of your appointment*.

SECONDARY/SUPPLEMENTAL INSURANCE: Please inform us of any secondary insurance you may have.

MEDICARE: We do accept Medicare. Medicare covers manual manipulation of the spine *only*. All other services are NOT covered. These services include, but are not limited to: x-rays, examinations and therapies. You are required to pay any deductible and remaining balance after Medicare processes your claim.

WORKER'S COMPENSATION/PERSONAL INJURY: Please inform us immediately if you are injured on the job or are involved in an accident. We will work with you to manage your care and submit your fees.

CASH RATE/NO INSURANCE: For patients who carry insurance in which we are not in-network or for patients who do not wish to submit claims to their insurance company, we offer a cash-payment office visit. If this is something you may be interested in, please ask at the front desk. This charge will be due at the time of your appointment.

STATEMENTS: After your insurance company has processed your claims, you will receive a statement from us for the unpaid balance. Your payment is due within 30 days of the statement date. If you are unable to pay your balance in full prior to the due date, please call our billing office at 763-777-9313 to set up payment arrangements. **Late Fees may be charged to your account if timely payment is not made.**

MISSED APPOINTMENT POLICY: Your time is important, as is ours. If you must cancel or reschedule an appointment, please make every effort to do so at least 24 hours prior to your appointment time. **If you do not call to cancel/reschedule and you do not come in for your appointment, a \$40.00 fee will be charged to your account.**

PAYMENT OPTIONS: We accept cash, checks, debit card, and credit card.

I have read and understand the Financial Policy of Great Lakes Chiropractic. I understand that I am responsible for all services not paid for by my insurance including deductibles, copayments, or non-covered services.

SIGNATURE OF PATIENT (OR RESPONSIBLE PARTY, IF MINOR)

DATE



Authorized people who have access to my information

I authorize Great Lakes Chiropractic to share my account information including TREATMENT DETAILS, ACCOUNT INFORMATION, PAYMENT DETAILS, AND APPOINTMENT TIMES with the following people.
(ex: spouse, parent, children)

Name: _____

Relationship to patient: _____

Name: _____

Relationship to patient: _____

Name: _____

Relationship to patient: _____

This is valid until revoked or changed by written communication.

SIGNATURE OF PATIENT (OR RESPONSIBLE PARTY, IF MINOR)

DATE

CONSENT TO TREAT A MINOR WITHOUT PARENT/GUARDIAN PRESENT

By law, any child under the age of 18 years old cannot be seen by a doctor without consent from a parent or legal guardian. I authorize Great Lakes Chiropractic and its personnel to administer chiropractic care as deemed necessary to:

NAME OF MINOR

DATE OF BIRTH

PARENT OR GUARDIAN (Please Print)

DATE

PARENT OR GUARDIAN SIGNATURE