



# Great Lakes Chiropractic

116 Central Ave East St. Michael, MN 55376

PH: 763-515-6650 | FAX: 763-777-9186

## Adult Health History

Updated: 06/2023

Page 1

Date \_\_\_\_\_ Name \_\_\_\_\_ Age \_\_\_\_\_ Birth Date \_\_\_\_\_

Email \_\_\_\_\_ Social Security # \_\_\_\_\_ Marital Status: M S W D

Race/ethnicity \_\_\_\_\_ Language Preference \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Cell Ph: \_\_\_\_\_ Home Ph: \_\_\_\_\_ Work Ph: \_\_\_\_\_

Send Text Reminders to this Phone #: \_\_\_\_\_ ☐ No appt. reminders

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)
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Page 2

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

Mild	Moderate	Severe
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**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
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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 \_\_\_\_\_



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Page 3

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 Father, Mother, Sister, Brother):

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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Page 4

### MEDICATIONS/SUPPLEMENTS:

What medications are you taking? List dose/frequency

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

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

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

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

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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: \_\_\_\_\_

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### 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 am also 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 to me will be immediately due and payable.

**Insurance Policy Holder's First and Last Name:** \_\_\_\_\_ **DOB:** \_\_\_\_\_

**Relationship to patient:** \_\_\_\_\_

**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.

**SELF-PAY 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 self-pay 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.**

*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. I am also responsible for any fees incurred if incorrect insurance information is provided or not updated in a timely manner.*

**SIGNATURE OF PATIENT** (OR RESPONSIBLE PARTY, IF MINOR) \_\_\_\_\_

\_\_\_\_\_  
**DATE**



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Page 7

### 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**

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### 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**