



Confidential Patient Background

Today's Date: ____/____/____

- 1) Name _____ 2) Date of birth: ____/____/____
Nickname _____ 3) Male Female
- 4) Primary Address _____ City _____ Zip _____
- 5) Secondary Address _____ City _____ Zip _____
- 6) Home Phone (_____) _____ 7) Cell Phone (_____) _____
- 8) E-mail _____ 9) Social Security # ____-____-____
- 10) Preferred Contact Method (Circle One): E-mail Phone Calls Text Message
- 11) Emergency contact _____ Phone (_____) _____
- 12) Single Partnered Married Divorced Widowed Special Circumstances
- 13) Race/Ethnicity _____ 14) Religious preference (optional) _____
- 15) Preferred method of payment? _____
- 16) If insured, type? _____
- 17) How were you referred to us, or by whom? _____

Occupational History:

- 1) Employed? Yes No
- 2) Occupation _____ 3) Employer _____
- 4) Address _____ 5) Work Phone (_____) _____
- 6) Previous job history _____
- 7) Is this job-related? Yes no If yes, describe: _____
- 8) Are you experiencing any work restrictions as a result of your present condition?
 yes no If yes, describe: _____

Ergonomics:

- 1) How comfortable is your mattress? _____ Pillow? _____
- 2) What position do you sleep in (back, side, stomach)? _____
- 3) How many hours per day are you at a computer (on average)? _____
Position of monitor/keyboard/chair/telephone _____
- 4) How do you get to work? _____ How long does it take? _____
- 5) Do you have difficulty sitting for long periods? yes no
- 6) Do you have difficulty standing for long periods? yes no
- 7) Do you have difficulty walking for long periods? yes no
- 8) Primary position (sitting/ standing/ walking)? _____
- 9) What kind of shoes do you wear? _____
- 10) Do you wear inserts/arch supports in your shoes? yes no



Present Condition:

- 1) What issues brought you here today? _____
- 2) Were there specific events that lead to this issue? _____
- 3) If stress is involved, what is the severity [on a scale of 0-10, 0 being no pain]? _____
- 4) If pain is involved, what is the severity [on a scale of 0-10, 0 being no pain]? _____
- 5) What impact has this issue had on you that prompted you to call? _____
- 6) What are you unable to do as a result of your discomfort / pain/challenge? _____
- 7) When did this issue start? ____/____/____
- 8) Quality (describe what it feels like) _____
- 9) What makes it better? _____
- 10) What makes it worse? _____
- 11) Does your pain travel? Yes No 10) Numbness or tingling Yes No
- 12) Site (Point to it) _____
- 13) Timing (Constant or only with certain activities?) _____

Other previous and current conditions

- 1) Physical, mental and/or emotional _____
- 2) Do you currently take **any** over-the-counter (OTC) medication? yes no
If YES, what and how often? _____
- 3) Are you currently taking any prescriptions, (including birth control)? Yes no
If so, What? _____
- 4) Have you had recent significant weight changes? Yes no
If so, explain _____

Health History

- 1) Previous/current CHIROPRACTIC care? Yes no
If so, by whom, when, & for what? _____
- 2) Other alternative treatments? _____
- 3) Currently under other care? Yes no
If so, where, since when, by whom? _____
- 4) Recent films or diagnostics? Yes No
(e.g. X-ray, mammogram, MRI, PET, CAT, DEXA, labs)? What / How recent?

- 5) Surgeries? Yes No If so, what were they and when? _____
- 6) Accidents/Traumas Yes No If so, what were they and when? _____
- 7) Allergies _____
- 8) Infections (incl. HIV or Hep C) Yes No 9) Immunizations _____



Social / Lifestyle History:

- 1) Sexual orientation _____ 2) Are you sexually active? yes no
- 3) # of work hours / day? _____ 4) # of sleep hours / night? _____
- 5) Do you have difficulty falling asleep? yes no
- 6) Do you sleep through the night? yes no
- 7) Do you smoke? yes in the past never
If so, How Many Packs/Day? _____
- 8) Do you consume **any** alcohol? yes in the past never
Drinks/Week _____
- 9) Other habits? _____
- 10) Where did you grow up? _____
- 11) How long have you lived in FL? _____
- 12) Current living situation? _____

Dietary/Digestive Fitness:

- 1) Does your diet include:
Coffee/Tea yes no **Soda** yes no **Diet drinks?** yes no
Fast food yes no **Red meat** Yes no **Fruits/vegetables** yes no
- 2) How much water do you consume daily? _____
- 3) Average daily urination habits? _____ any unusual symptoms? _____
- 4) Do you have bowel movements daily? Yes no How many? _____
any unusual symptoms? _____
- 5) Taking any supplements? Ex: vitamins/minerals, fiber and/or herbs? yes no
If yes, what kind, dosage, & frequency _____
- 6) What form of exercise do you do? Frequency: _____ Per _____
Type: _____

Family Information

- 1) # of Children _____ 2) Step Children _____ 3) Grand Children? _____
Names and Ages _____
- 2) For **WOMEN**: Age @ 1st Period _____ # Pregnancies _____ Age @ Menopause _____
- 3) For **MEN**: prostate issues? _____

Family History:

- Any history of diabetes, HBP, cancer, CVA, or arthritis in your family? yes no
- 1) Mother—Still living? yes no If no, age and cause of death: _____
Mother's Health history _____
- 2) Father—Still living? yes no If no, age and cause of death: _____
Father's Health history _____
- 3) Grandparents' health history
MGM _____ PGM _____
MGF _____ PGF _____
- 4) Siblings' health history _____
- 5) Has 2 or more Family members, on the same side, had Cancer? Yes no

Elana Kaplove, DC PA
Chiropractic Physician



Office # (561) 361-4888
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Informed Consent for Chiropractic care

When a patient seeks chiropractic health care and we accept a patient for such care, it is essential for both to be working for the same objective. It is important that each patient understands both the objective and the method that will be used to obtain it. This will prevent any confusion or disappointment. You have the right, as a patient, to be informed about the condition of your health and the recommended care and treatment to be provided so that you may make the decision whether or not to undergo chiropractic care after being advised of the known benefits, risks and, alternatives.

Chiropractic is a science and art which concerns itself with the relationship between structure (primarily the spine) and function (primarily the nervous system) as the relationship may effect the restoration and preservation of health. **Health** is a state of physical, mental and social well-being, not merely the absence of disease or infirmity.

One disturbance to the nervous system is called **vertebral Subluxation**. This occurs when one or more of the 24 vertebra in the spinal column becomes misaligned and/or do not move properly. This causes alteration of nerve function and interference to the nervous system. This may result in pain dysfunction or may be entirely asymptomatic.

Subluxations are corrected and/or reduced by an **adjustment**. An adjustment is the specific application of forces to correct and/or reduce vertebral Subluxation. Our chiropractic method of correction is by specific adjustments of the spine. Adjustments are usually preformed by hand but maybe preformed by handheld instruments. In addition, ancillary procedures such as physiotherapy and/or rehabilitative procedures may be included.

All health care procedures carry some risk. Risks associated with chiropractic care may include, but are not limited to, muscle or ligament injuries, nerve injuries, vascular injuries, and fractures. Alternatives to chiropractic care may include medications, surgery and other alternative treatments.

If during the course of care we encounter non-chiropractic or unusual findings, we will advise you of those findings and recommend that you seek the services of another health care provider.

All questions regarding the doctor's objective pertaining to my care in this office have been answered to my complete satisfaction. The benefits, risks and alternatives of chiropractic care have been explained to me to my satisfaction. I have read and fully understand the above statements and therefore accept chiropractic care on this basis.

Print Name

Signature

Date

Consent to evaluate and adjust a minor child:

I, _____ being the patient or legal guardian of _____
Have read and fully understand the above consent and hereby grant permission for my child to receive chiropractic care.

Pregnancy release:

This is to certify that to the best of my knowledge I am not pregnant, and the above doctor and his/her associates have my permission to perform an x-ray evaluation. I have been advised that x-ray can be hazardous to an unborn child.

Date of last menstrual cycle.

Signature

Date

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Notice of Privacy Policies HIPPA

I consent to the use or disclosure of my protected health information by, Elana Kaplove, Dc, PA, dba Back in Balance, for the purpose of analyzing, diagnosing, or providing treatment to me, obtaining payment for my health care bills or to conduct health care operations and my consent is evidenced by my signature below.

My protected health information means health information, including my demographic information, collected from me any information created or received by my physician, another health care provider, a health plan, my employer or health care clearinghouse. This protected health information related to my past, present or future physical or mental health or condition and identifies me, or there is a reasonable basis to believe the information may identify me.

This office will never sell any of your protected health information.

I understand that I have the right to request a restriction as to how my protected health information is used or disclosed to carry out treatment, payment or healthcare operations on my behalf. I understand that the quality of my treatment will not be effected, should I decide to restrict authorization of my protected health information. I understand that this office will contact me by phone to discuss billing and insurance questions and to remind me of my appointment. On occasion, this office may contact patients via text messaging.

Please check here [] If you do not wish to be contacted by phone for appointment reminders.

Please check here [] If you do not want to receive text messages.

This privacy notice will remain in effect for seven years from the time of authorization, unless permission is revoked by me, in writing, and submitted to this office. I understand that if there are outstanding payments due that any revocation relating to release of information to my insurance company or third party billing entity will remain in effect until all my accounts are paid in full.

I have been provided an opportunity to receive a copy of my Notice of Privacy Practices, and understand that I have a right to review the Notice of Privacy Practices prior to signing this document. The Notice of Privacy Policies describes the types of uses and disclosures of my protected health information that will occur in my treatment, payment of my bills or in the performance of health care for this office. A Notice of Privacy Policies is posted in this office, so that it is freely visible. This Notice of Privacy Policies also describes the rights and duties of this office, with respect to my protected health information. This office reserves the right to update or changes its privacy policies from time to time.

Please print name

Signature

Witness

_____/_____/_____
Date

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Appointment Policy

These days, everyone seems to have more things to do and less time available to do them in. Because we know that, we organize our schedule so that waiting time is kept to a minimum, and every patient can be treated in an efficient, safe and courteous manner.

It is important that you keep your scheduled appointments and are on time to insure optimal response to your prescribed treatment plan and for us to be able to measure your response to treatment.

Many patients are treated under a treatment plan that may be requested by your insurance company. Failure to follow your prescribed program may jeopardize your recovery and /or your insurance benefits.

CANCELING OR RESCHEDULING YOUR APPOINTMENT

If you need to change or cancel an appointment, please notify us at least **24 hours** before your scheduled time, so that we can use the time we have reserved for you. We reserve the right to charge an appointment fee for no-shows.

Thank you for your understanding!
There are two things that we cherish:
Your health and your time

Patients Signature

Date

Witness Signature