

# Welcome to Our Practice

Name: \_\_\_\_\_ Home/Cell Phone: \_\_\_\_\_  
Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
Date of Birth: \_\_\_\_\_ Gender: M F Spouse's Name: \_\_\_\_\_  
Occupation: \_\_\_\_\_ Work Phone: \_\_\_\_\_  
Referred by: \_\_\_\_\_ Your E-mail \_\_\_\_\_  
I'm interested in:  Relief care only  Improving my overall health and well-being

## Personal Health History

What is your current health challenge? \_\_\_\_\_  
\_\_\_\_\_

When did you first notice this problem? \_\_\_\_\_

Do you smoke? \_\_\_\_\_ Do you drink coffee? \_\_\_\_\_ Do you drink alcohol? \_\_\_\_\_

Do you take any prescription, over-the-counter or recreational drugs? List names or types: \_\_\_\_\_  
\_\_\_\_\_

Do you take any nutritional supplements? \_\_\_\_\_ List names: \_\_\_\_\_  
\_\_\_\_\_

Do you exercise? Regularly \_\_\_\_\_ Infrequently \_\_\_\_\_ Seldom \_\_\_\_\_ Never \_\_\_\_\_

Ladies: Are you, or could you be, pregnant now? \_\_\_\_\_ Are you post-menopausal? \_\_\_\_\_

Have you had any surgeries (please list)? \_\_\_\_\_  
\_\_\_\_\_

List any previous significant injuries (slips, falls, auto accidents, etc.) and give dates  
\_\_\_\_\_  
\_\_\_\_\_

Have you seen a Chiropractor before (if yes, when and for what)? \_\_\_\_\_  
\_\_\_\_\_

List any known allergies: \_\_\_\_\_  
\_\_\_\_\_

On a 0-10 scale (0=none, 10=the worst), what is your overall level of life stress? \_\_\_\_\_

What is your expectation of your visit today? \_\_\_\_\_  
\_\_\_\_\_

*All of your information is confidential and will not be shared with anyone without your written consent.*

*Occasionally we might want to send personal information to you by email. Check here  if we have your permission to do. All confidential information is transmitted via VPN (Virtual Private Network).*

Signed: \_\_\_\_\_ Date: \_\_\_\_\_

(Parent or Guardian Signature if under 18) Guardian's name (and address, if different):  
\_\_\_\_\_