

## *Welcome to Prime Wellness*

We are delighted that you have chosen our doctors and healthcare team to assist you in achieving your health goals by booking your appointment with us. Please see below for more information regarding our offices followed by our intake forms to fill out and send over prior to your first appointment.

### *Rancho Bernardo Location:*

Our Rancho Bernardo office is located at 11828 Bernardo Plaza Ct. San Diego 92128. Please turn into the second entrance to Citibank and proceed straight until you see patient parking on the right-hand side. Our entrance is bank side of the building so please park and walk around.

### *Intake Forms:*

The following several pages are our intake paperwork, we request that you complete these prior to your appointment so the office has time to review them before your appointment.

### *Payment:*

We accept all forms of payment included health savings accounts.

### *Lab work:*

We offer discounted labs at our office and can provide you with a receipt and super-bill to seek reimbursement from your insurance. If you opt to go to an outside lab, coverage will depend on your plan so please confirm pricing ahead of your lab draw date.

### *Fees for Service:*

\$90 every 15 minutes

### *Cancellations:*

We have a 24-hour cancellation policy and will provide you with a courtesy reminder one business day prior to your appointment. If you having difficulty keeping your appointment time please contact us at 858-675-7072 or [austin.nd@gmail.com](mailto:austin.nd@gmail.com).

*Thank you for making an appointment with us and we look forward to helping you achieve your health goals!*

# NEW PATIENT INTAKE FORM

## CONTACT INFORMATION

LAST NAME		FIRST NAME		TODAY'S DATE MM   DD   YY	
HOME ADDRESS			CITY	STATE	ZIP
HOME PHONE	WORK PHONE	CELL PHONE	EMAIL ADDRESS		
Permission to leave messages: <input type="checkbox"/> Y <input type="checkbox"/> N	DATE OF BIRTH MM   DD   YY	GENDER <input type="checkbox"/> FEMALE <input type="checkbox"/> MALE	AGE	MARITAL STATUS <input type="checkbox"/> S <input type="checkbox"/> M <input type="checkbox"/> W <input type="checkbox"/> D <input type="checkbox"/> SEP	
OCCUPATION	EMPLOYER	EMERGENCY CONTACT NAME		PHONE	
How did you hear about our clinic?		PRIMARY MEDICAL PHYSICIAN NAME		PHONE	

## PAST TREATMENT

Do you regularly have physical exams? <input type="checkbox"/> Y <input type="checkbox"/> N	DATE OF LAST EXAM MM   DD   YY	Exams normally include: <input type="checkbox"/> Prostate exams <input type="checkbox"/> Blood work	<input type="checkbox"/> Pap smears <input type="checkbox"/> Breast exams	<input type="checkbox"/> Mammograms <input type="checkbox"/> Breast thermography
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<b>WOMEN</b>	DATE	RESULTS
Last gynecological exam	MM   DD   YY	<input type="checkbox"/> Normal Other:
<b>MEN</b>	DATE	RESULTS
Last prostate exam	MM   DD   YY	<input type="checkbox"/> Normal Other:

Other providers seen currently or in past year	<input type="checkbox"/> Medical doctor <input type="checkbox"/> Chiropractor	<input type="checkbox"/> Physical therapist <input type="checkbox"/> Psychiatrist	<input type="checkbox"/> Naturopathic doctor <input type="checkbox"/> Massage therapist	<input type="checkbox"/> Nutritionist <input type="checkbox"/> Personal trainer
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Other treatments currently followed:	Any contagious disease at this time? <input type="checkbox"/> Y <input type="checkbox"/> N	→ If yes, what?
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## CURRENT STATUS

### MOST IMPORTANT HEALTH CONCERNS, STARTING WITH THE MOST IMMEDIATE

1	4
2	5
3	6

<b>USUAL HEALTH:</b> <input type="checkbox"/> EXCELLENT <input type="checkbox"/> GOOD <input type="checkbox"/> FAIR <input type="checkbox"/> POOR	Time of <u>highest</u> energy during day: <input type="checkbox"/> MORNING <input type="checkbox"/> AFTERNOON <input type="checkbox"/> EVENING
<b>ENERGY:</b> <input type="checkbox"/> GOOD <input type="checkbox"/> FAIR <input type="checkbox"/> POOR <input type="checkbox"/> VARIES	Time of <u>lowest</u> energy during day: <input type="checkbox"/> MORNING <input type="checkbox"/> AFTERNOON <input type="checkbox"/> EVENING

<b>WEIGHT:</b> CURRENT: _____ lbs	MAXIMUM: _____ lbs	IDEAL: _____ lbs	1 yr ago: _____ lbs
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Have you recently <input type="checkbox"/> GAINED or <input type="checkbox"/> LOST weight?	REASON for gain or loss: <input type="checkbox"/> Unexplained Other:
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Current <b>MEDICATIONS</b> used more than just occasionally:	<input type="checkbox"/> Laxatives	<input type="checkbox"/> Cortisone (inhalers, cream, oral)	<input type="checkbox"/> Nasal decongestants	<input type="checkbox"/> Diuretics
	<input type="checkbox"/> Tranquilizers	<input type="checkbox"/> Antibiotics	<input type="checkbox"/> Antacids	<input type="checkbox"/> Blood thinners (coumadin, warfarin, heparin)
	<input type="checkbox"/> Pain relievers	<input type="checkbox"/> Hormones	<input type="checkbox"/> Sleeping pills	<input type="checkbox"/> Appetite suppressants
	<input type="checkbox"/> Thyroid medication		<input type="checkbox"/> Birth control pills	

List other prescription, over-the-counter <b>MEDICATIONS</b> and <b>SUPPLEMENTS</b> you take regularly	NAME	REASON	DOSE	START DATE	SIDE EFFECTS

## HEALTH HISTORY

Have you had all standard vaccinations?  Y  N

**CHILDHOOD ILLNESSES:**  Measles  Whooping cough  Rheumatic fever  Scarlet fever  Polio  Asthma  Roseola  Chickenpox  Rubella *Others:*

**ALLERGIES:**  Drugs / medications  Food / beverages  Chemical / environmental  Airborne including pollen, molds, dust *Others:*

How were hypersensitivities or allergies tested?  None  Scratch  Kinesiology  Intradermal  Food reintroduction  Electroacupuncture  Blood IGG  Blood IGE

What happens when you have an allergic reaction?

Do you currently or have you ever had dental amalgams (silver fillings)?  Y  N → If yes, how many? \_\_\_\_ If they were removed, what do you have in their place? Did the dentist take special precautions  Y  N

Have you ever had your heavy metals tested?  Y  N → If yes, how?  Urine  Hair  Blood

Please list all hospitalization, surgeries and major injuries:

## LIFESTYLE

PHYSICAL ACTIVITIES	FREQUENCY	DURATION

SUBSTANCES CONSUMED	TYPE	AMOUNT	SUBSTANCES CONSUMED	TYPE	AMOUNT
<input type="checkbox"/> RECREATIONAL DRUGS			<input type="checkbox"/> CAFFEINE		
<input type="checkbox"/> NICOTINE / TOBACCO			<input type="checkbox"/> SODA		
<input type="checkbox"/> EAT EXCESSIVE SUGAR			<input type="checkbox"/> ALCOHOL		
<input type="checkbox"/> EAT OUT OFTEN					

**SLEEP** Hours per night: \_\_\_\_ Go to bed at: \_\_\_\_ Wake at: \_\_\_\_ Do you wake rested?  Y  N Sleep quality:  POOR  FAIR  GOOD  DEPENDS

**STRESS** Current level of stress in your life (0-10, with 10 being the most ever):  
 Major Stressors:  Illness in someone close  Loss of someone close  Divorce  A move  Pregnancy  Loss of job  Change of workplace  Physical abuse  Emotional abuse  Alcohol / drug addiction (you or loved one) *Other:*

## DIET & DIGESTION

TYPICAL FOOD INTAKE	BREAKFAST	LUNCH	DINNER	SNACKS	FLUIDS

Are you following any special diets?  Change in thirst  Excessive thirst  Change in appetite  Excessive appetite  Poor appetite Any food cravings?  Eating disorder → If yes, specify:

**URINATION FREQUENCY** Daytime \_\_\_\_ times Nighttime \_\_\_\_ times Urine color:  CLEAR  MURKY Strong odor?  Y  N **BOWEL MOVEMENT FREQUENCY** \_\_\_\_ times

## REPRODUCTIVE

Are you and your partner trying to conceive?  Y  N → If yes, for how long: \_\_\_\_\_

<b>WOMEN</b>		Age of first menses:		Age of menopause: (if applicable)		Check if currently pregnant: <input type="checkbox"/>		→ If yes, how many months? _____											
No. of children:		No. of pregnancies:		No. of live births:		No. of miscarriages:													
On hormone replacement therapy? <input type="checkbox"/> Y <input type="checkbox"/> N					On oral contraceptives? <input type="checkbox"/> Y <input type="checkbox"/> N														
Date of last menstrual period (first day of cycle):			MM	DD	YY	Average # days of flow _____		Average length of cycle (days) _____		Regular menstrual cycle? <input type="checkbox"/> Y <input type="checkbox"/> N		Bleeding between periods? <input type="checkbox"/> Y <input type="checkbox"/> N							
<b>Menstrual Pain Type: (if applicable)</b>		<b>Menstrual pain location:</b>		<b>Other Menses symptoms:</b>				<b>Previously diagnosed with:</b>											
<input type="checkbox"/> Cramping <input type="checkbox"/> Burning <input type="checkbox"/> Dull/aching <input type="checkbox"/> Consistent <input type="checkbox"/> Bearing down <input type="checkbox"/> Intermittent stabbing		<input type="checkbox"/> Lower abdomen <input type="checkbox"/> Lower back <input type="checkbox"/> Thighs Other: _____		<input type="checkbox"/> Heavy flow <input type="checkbox"/> Scanty flow <input type="checkbox"/> Spotting mid-cycle <input type="checkbox"/> Clotting <input type="checkbox"/> Vaginal discharge <input type="checkbox"/> Uterine prolapse <input type="checkbox"/> Bloating				<input type="checkbox"/> Poor appetite <input type="checkbox"/> Ravenous appetite <input type="checkbox"/> Vaginal dryness <input type="checkbox"/> Night sweats <input type="checkbox"/> Constipation <input type="checkbox"/> Diarrhea <input type="checkbox"/> Mood swings				<input type="checkbox"/> Hot flashes <input type="checkbox"/> Decreased libido <input type="checkbox"/> Headache <input type="checkbox"/> PMS <input type="checkbox"/> Nausea <input type="checkbox"/> Swollen breast				<input type="checkbox"/> PID <input type="checkbox"/> Fibroids <input type="checkbox"/> Fibrocystic breasts <input type="checkbox"/> Endometriosis <input type="checkbox"/> Ovarian cysts			

<b>MEN</b>	<input type="checkbox"/> Prostate problems	<input type="checkbox"/> Premature ejaculation	<input type="checkbox"/> Testicular pain	<input type="checkbox"/> Feeling of cold or numbness in genitals
	<input type="checkbox"/> Erectile dysfunction	<input type="checkbox"/> Impotence	<input type="checkbox"/> Lumps in testicles	

## FAMILY HEALTH HISTORY

	AGE (IF LIVING)	HEALTH STATUS (IF NOT HEALTHY)	AGE AT DEATH	CAUSE OF DEATH
Mother				
Father				
Sisters				
Brothers				

Indicate those applicable: **M** Mother **F** Father **S** Sibling **G** Grandparent

- |  |  |  |  |                                    |
|--|--|--|--|------------------------------------|
| <input type="checkbox"/> Anemia            | <input type="checkbox"/> Glaucoma            | <input type="checkbox"/> Mental illness      | <input type="checkbox"/> Emotional disorders | <input type="checkbox"/> Cancer    |
| <input type="checkbox"/> Arthritis         | <input type="checkbox"/> Heart disease       | <input type="checkbox"/> Seizures / epilepsy | <input type="checkbox"/> Tuberculosis        | types: _____                       |
| <input type="checkbox"/> Asthma / hayfever | <input type="checkbox"/> High blood pressure | <input type="checkbox"/> Thyroid problems    | <input type="checkbox"/> Substance abuse     | _____                              |
| <input type="checkbox"/> Allergies         | <input type="checkbox"/> High cholesterol    | <input type="checkbox"/> Hemophilia          | <input type="checkbox"/> Eating disorders    | <input type="checkbox"/> Hepatitis |
| <input type="checkbox"/> Alzheimer's       | <input type="checkbox"/> Kidney disease      | <input type="checkbox"/> HIV/AIDS            | <input type="checkbox"/> Parkinson's disease | type: _____                        |
| <input type="checkbox"/> Diabetes          | <input type="checkbox"/> Liver disease       | <input type="checkbox"/> Stroke              |  |                                    |

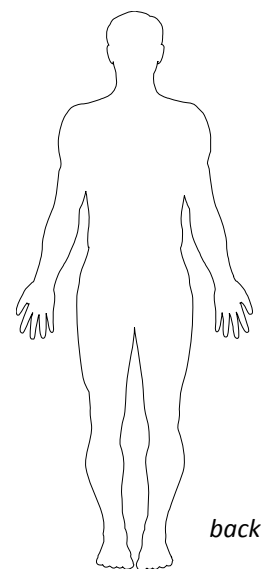
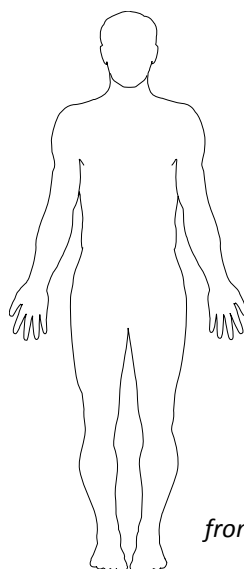
## EXPERIENCING PHYSICAL PAIN

Do you have any prosthetic devices, pacemakers, metal pins, etc. in your body?  Y  N → If yes, where? \_\_\_\_\_

If currently experiencing pain or discomfort, please indicate where by marking the illustration using the letters that best describe the pain and/or sensations that you are experiencing.

If the pain radiates or moves, please indicate using arrows the direction.

- P** Pain
- F** Fixed
- D** Dull
- A** Aching
- S** Sharp / Stabbing
- N** Numb
- C** Cramping
- B** Burning
- \*** Scarring



## CURRENT SYMPTOMS

For the following please write:

✓ if you currently have the symptom

P if you had the symptom before to a significant degree

LEAVE BLANK if you never had the symptom

### EMOTIONAL

- Anxiety / nervousness
- Mood swings
- Treated emotional issues
- Considered suicide
- Excessive worry
- Easily stressed
- Depression
- Seasonal depression
- Panic attacks
- Tension
- Insomnia
- Dreams/ nightmares
- Irritability
- Mood swings
- PTSD
- Fatigue
- Poor memory
- Decreased libido
- Increased libido

### HEAD

- Headaches / migraines
- Head injury

### NECK

- Lumps
- Goiter
- Swollen glands
- Pain or stiffness

### EARS

- Pain in ear
- Earache
- Infections
- Discharge from ears
- Sensitivity to noise
- Hearing loss
- Hearing aids

### EYES

- Blurriness
- Sensitivity to light
- Impaired vision
- Cataracts
- Eye pain / strain
- Tearing
- Dryness
- Glaucoma
- Macular degeneration
- Glasses / contact lenses
- Poor night vision
- Spots or floaters
- Eye inflammation
- Double vision

### NOSE & SINUSES

- Nasal congestion
- Sinus problems / sinusitis
- Nose bleeds
- Hay fever/ allergies
- Loss of smell

### MOUTH & THROAT

- Frequent sore throats
- Teeth grinding
- Bleeding gums
- Speech difficulties
- Copious saliva
- Mouth & tongue ulcers
- Hoarseness
- Loss of voice
- Difficulty swallowing
- Thirst/dry mouth
- Jaw/TMJ problems
- Gum problems

### CARDIOVASCULAR

- Heart disease
- Low blood pressure
- High blood pressure
- Blood clots
- Phlebitis
- Rheumatic fever
- Swollen ankles
- Angina
- Fainting
- Palpitations
- Chest pain
- Heart murmurs
- Stroke
- Chest pain or tightness
- Rapid heart beat
- Irregular heart beat
- Poor circulation

### RESPIRATORY

- Cough
- Spitting up blood
- Asthma
- Pneumonia
- Emphysema
- Pain upon breathing
- Tuberculosis
- Night sweats
- Coughing up phlegm
- Wheezing
- Bronchitis
- Pleurisy
- Difficulty breathing
- Shortness of breath

### IMMUNE

- Chills
- Fever
- Frequently catch cold/flu
- Chronic fatigue syndrome
- Chronically swollen glands
- Reactions to vaccinations
- Chronic infections
- Slow wound healing

### GASTROINTESTINAL

- Trouble swallowing
- Hiccups
- Heartburn
- Nausea
- Bad breath
- Bad taste in mouth
- Vomiting
- Vomiting blood
- Blood in stool
- Black stool
- Mucus in stool
- Laxative use
- Constipation
- Diarrhea
- Bloating
- Indigestion
- Pain or cramps
- Belching
- Passing gas
- Ulcers
- Hemorrhoids
- Liver disease
- Gallbladder disease
- Distress from eating fats
- Jaundice

### URINARY

- Pain on urination
- Wake to urinate
- Many urinary infections
- Blood in urine
- Frequent urination
- Incontinence
- Problem starting urination
- Kidney stones
- Urgent urination
- Incomplete urination
- Bedwetting
- Pain/itching of genitalia
- Nocturnal emission
- Delayed stream
- Dribbling
- Hernia
- Retention of urine
- Groin pain

### BLOOD / PERIPHERAL VASCULAR

- Easy bleeding / bruising
- Deep leg pain
- Varicose veins
- Anemia
- Cold hands / feet
- Thrombophlebitis
- Fluid retention

### ENDOCRINE

- Hypothyroid
- Hypoglycemia
- Heat/cold intolerance
- Diabetes

### SKIN

- Rashes
- Acne/boils
- Color changes
- Changes in moles, lumps
- Eczema/ psoriasis
- Itching
- Hair loss
- Warts
- Hives
- Night sweating
- Excess sweating
- Dry skin
- Easy bruising
- Fungal infection
- Burns
- Dermatitis
- Impetigo
- Scars
- Bad body odor

### NEUROLOGICAL

- Seizures / epilepsy
- Vertigo or dizziness
- Paralysis
- Numbness or tingling
- Loss of balance
- Tremors
- Poor coordination

### MUSCULOSKELETAL

- Joint pain or stiffness
- Broken bones
- Muscle soreness, spasms, cramps

### ARTHRITIS

- Arthritis
- Muscle weakness
- Back pain
- Difficulty walking
- Rib pain
- Limited range of motion
- Artificial joint(s)
- Bursitis
- Carpal tunnel syndrome
- Muscular dystrophy
- Plantar fasciitis
- Tendonitis
- Whiplash
- Other (describe)

### INFECTION SCREENING

- HIV risks: self or partner
- TB: self or household
- Hepatitis risk
- Gonorrhea
- Chlamydia
- Syphilis
- Genital warts
- Herpes: oral/ genital
- Other (describe)

### **Rancho Bernardo Hours**

Monday-Thursday 9am-5pm  
Friday 9am-3pm

Office visits by appointment only.

Walk-ins for B12 shots welcomed!

### **Consultation Charges**

\$90 every 15 minutes

### **Payments**

- Payment is due at the time of service. Please discuss any fee questions with the doctor before your visit so you can know what to expect.
- We accept cash, check or credit cards.
- Lab testing is not included in the fee.

### **Insurance**

- Insurance does not directly cover naturopathic doctors, we can provide you with a superbill after your visits which you may submit to your insurance provider to request out-of-network reimbursement.
- It is your responsibility to know what your insurance plan covers.
- We are not responsible for unpaid claims by your insurance company for services we provide.

### **Phone Consults**

- We will call you for your scheduled appointment. Please allow a 5 to 10 minute window of buffered time.
- All appointments are scheduled for the Pacific Standard Time.

### **Follow-Up Questions**

- You can contact the doctor with follow-up questions, but please keep these brief. If a question is more involved, a consult may be required.

### **Cancellations**

- As a courtesy, our office will email or call you to confirm your appointment 1 business day in advance.
- If you cannot keep a scheduled appointment, please notify us at least 24 hours prior to your scheduled time.
- If you miss your appointment without canceling, you will be charged for the missed appointment.

### **Appointments**

- First appointment: Please fill in the new patient forms prior to your appointment. You may bring them with you to your appointment or fax them in.
- Please arrive 15 minutes before your scheduled appointment.
- Please do not wear any scented products, as many of our patients are chemically sensitive. These include lotions, perfumes, cologne and hair spray.
- Follow-up consults may be scheduled in 15, 30, 45, or 60 minute blocks, depending on your needs.
- All consultations are charged for the time used, not the time blocked.
- Research requested by the patient is a billable service and will be charged at the hourly rate.
- Follow-up visits: We generally recommend that all patients have a follow-up every 3 months at minimum.

### **Medical Letters**

- Medical letters (for schools, insurance companies, etc) can be provided. The charge for generating these will be billed at the doctor's hourly rate.

### **Prescriptions**

- Prescriptions need to be obtained at your appointment. We do not mail prescriptions or lab orders.
- We require 24-hour notice for refills.
- Hormone prescriptions are done on a 3 month basis, and require a follow up to renew them.
- Please come to all appointments prepared with a complete medication list and let us know which require refills.
- No prescription dose change will be made without an appointment.
- If you are sick or have side effects, please contact us immediately.
- The doctor cannot prescribe medications to those who are not his or her patient.

### **Tests**

- If you misplace an order for testing, we require 24-hour notice to rewrite the order. You can pick it up at the office or we can e-mail it to you.
- Tests will not be discussed via phone unless it is a phone consult.
- Results are only discussed at appointments and not outside the office to prevent unsafe disclosure of the confidential health information.

### **General**

- Please keep all health concern discussions to office visits.
- Please avoid discussing other people's health concerns at the visit. You have limited time with the doctor and we want to make sure you get the time and attention needed to make you feel better.

**The policies listed have been established to ensure quality care for our patients. Should you have any questions, please contact our office.**

## DECLARATION AND CONSENT TO TREAT

Name: \_\_\_\_\_ Date: 

MM	DD	YY
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*please print*

Naturopathic medicine is the treatment and prevention of diseases by natural means. Naturopathic Doctors assess the whole person, and treat the cause of the illness by taking into consideration physical, mental, and emotional aspects of the individual. Gentle, non-invasive techniques are generally used in order to stimulate the body’s inherent healing capacity.

It is very important therefore, that you provide such information as any medications or over the counter drugs you are currently taking, disease processes you are currently suffering from or if you suspect that you are pregnant.

This is to acknowledge that I have been informed and I understand that:

1. I have read all the foregoing information and that I understand that the ultimate responsibility for my health is my own.
2. I am receiving treatment from a Naturopathic Doctor, not a Medical Doctor.
3. All treatments offered are within the Naturopathic scope of practice.
4. Any treatment or advice given to me as a patient is not mutually exclusive from any treatment or advice that I may receive now, or in the future, from another licensed health care provider.
5. I am at liberty to seek or continue medical care from a physician, surgeon or other health care provider.
6. I accept full responsibility for any fees incurred during care and treatment. I agree to fully discharge this responsibility at the time of the visit unless prior arrangements have been made.
7. There are some slight health risks to treatment by Naturopathic medicine. These include, but are not limited to:
  - Allergic reactions to supplements or herbs
  - Side effects of medications (eg. Hormone Therapy, Antibiotics)
  - Pain, bruising, infection or injury from injections

**PLEASE NOTE:** There is a 24-hour cancellation policy at the clinic. If you are unable to make your appointment, please notify the clinic at least 24 hours in advance to ensure you are not charged the initial visit fee. \_\_\_\_\_ ← *please initial here*

I intend this consent form to cover the entire course of treatment for my present condition. I understand that I am free to withdraw my consent and to discontinue participation in these procedures at any time.

Patient Signature / Signature of Guardian \_\_\_\_\_

## Notices of Privacy Practices and Electronic Consent

I have received this practice's Notice of Privacy Practices written in plain language. The Notice provides in detail the uses and disclosures of my protected health information that may be made by this practice, my individual rights and the practice's legal duties with respect to my protected health information. The Notice includes:

- A statement that this practice is required by law to maintain the privacy of the protected health information.
- A statement that this practice is required to abide by the terms of the notice currently in effect.
- Types of uses and disclosures that this practice is permitted to make for each of the following purposes: treatment, payment, and health care operations.
- A description of each of the other purposes for which this practice is permitted or required to use or disclose protected health information without my written consent or authorization.
- A description of uses and disclosures that are prohibited or materially limited by law.
- A description of other uses and disclosures that will be made only with my written authorization and that I may revoke such authorization.
- My individual rights with respect to protected health information and a brief description of how I may exercise these rights in relation to:
  - o the right to complain to this practice and to the Secretary of HHS if I believe my privacy rights have been violated, and that no retaliatory actions will be used against me in the event of such a complaint.
  - o the right to request restrictions on certain uses and disclosures of my protected health information, and that this practice is not required to agree to a requested restriction.
  - o the right to receive confidential communications of protected health information.
  - o the right to inspect and copy protected health information.
  - o the right to amend protected health information.
  - o the right to receive an accounting of disclosures of protected health information.
  - o the right to obtain a paper copy of the Notice of Private Practices from this practice upon request.

This practice reserves the right to change the terms of its Notice of Private Practices and to make new provisions effective for all protected health information it maintains. I understand that I can obtain this practice's current Notice of Privacy Practices on request.

### **Email:**

I acknowledge the by electing to receive my health information via email in an unsecure manner, that the information will not be encrypted, and that it could be intercepted and viewed by a third party. Prime Wellness is not responsible for unauthorized access of your health information while in transmission to the email address you designated above.

Receive my health information through email: Yes \_\_\_\_\_ No \_\_\_\_\_

### **Telemedicine:**

Telemedicine involves the use of electronic communications to enable our patients to choose whether they would like their consultations to be in person or over the phone, this helps to improve patient care. The information may be used for diagnosis, therapy, follow-up and/or education.

Confidentiality: At Prime Wellness all reasonable and appropriate efforts have been made to eliminate any confidentiality risks associated with the telemedicine consultation.

Rights: You may withhold or withdraw consent to the telemedicine consultation at any time without affecting your right to future care or treatment.

Consultations over the phone: Yes \_\_\_\_\_ No \_\_\_\_\_

My signature below signifies that I have read and understand the Privacy Practices of this clinic and that I have marked my consent preferences for emails and telemedicine.

Signature \_\_\_\_\_

Date \_\_\_\_\_



## PRESCRIPTION REFILL POLICY

Name: \_\_\_\_\_ Date: 

MM	DD	YY
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*please print*

Patients are required to book an appointment at least two weeks before needing a prescription refill. Appointments can be conveniently booked by calling the office or online. Follow-up appointments are required every two to three months. We will not write a prescription for a longer duration.

Appointments are needed to review and properly document how well you are doing with your prescriptions and lifestyle changes. At this time, the Naturopathic Doctor will have the opportunity to review your blood work, symptoms, questions, concerns and general progress.

Please make sure to allow at least two weeks, as it takes time to do a follow up and for the pharmacy to mail you your prescription medications on time. This will ensure continuation of your treatment protocol without interruption. If you are unable to come into the office for an appointment and your prescription is going to run out, please let us know two weeks prior and we will be happy to offer you a phone consult.

Please do not email the office with health updates, as e-mail is not a secure way to transmit information. Sometimes we will not have access to your file when answering emails, so we cannot record your progress in your file. However, please feel free to e-mail the office with any questions you have about your treatment protocol.

I understand the above,

Patient Signature / Signature of Guardian \_\_\_\_\_

## **Cancellation Policy/No Show Policy for Appointments**

### ***1. Cancellation/ No Show Policy for Appointment***

We understand that there are times when you must miss an appointment due to emergencies or obligations for work or family. However, when you do not call to cancel an appointment, you may be preventing another patient from getting much needed treatment. Conversely, the situation may arise where another patient fails to cancel and we are unable to schedule you for a visit, due to a seemingly "full" appointment book.

**If an appointment is not cancelled at least 24 hours in advance you will be charged the full price for your service.**

### ***2. Scheduled Appointments***

We understand that delays can happen however we must try to keep the other patients and doctors on time.

**If a patient is 15 minutes past their scheduled time we will have to reschedule the appointment and you will be charged the full price for your service.**

### ***3. Account Balances***

We do require that patients to pay their account balances to zero prior to receiving further services by our practice. Patients who have questions about their bills may call and ask to speak to a business office representative

\_\_\_\_\_

Print Name

\_\_\_\_\_

Signature Patient/Guardian

\_\_\_/\_\_\_/\_\_\_

Date