

# Patient Information

Community Health Acupuncture and Wellness Center  
5108 196<sup>th</sup> St. SW Suite 208  
Lynnwood, WA 98036  
425-586-0459

Patient Name: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Age: \_\_\_\_\_ Male: \_\_\_\_\_ Female: \_\_\_\_\_

Single: \_\_\_\_\_ Married: \_\_\_\_\_ Separated: \_\_\_\_\_ Divorced: \_\_\_\_\_ Widowed: \_\_\_\_\_

Street Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Occupation: \_\_\_\_\_ Employer: \_\_\_\_\_

Insurance Company: \_\_\_\_\_

## Emergency Contact:

Name: \_\_\_\_\_ Phone #: \_\_\_\_\_

How did you hear about us?: \_\_\_\_\_

I understand that I am financially responsible for all charges whether or not paid by my insurance. I am aware that some and perhaps all of the services provided may be non-covered services under my insurance. I am also aware that verification of insurance benefits is not a guarantee of payment or coverage. I authorize the release of medical information to my insurance company, including diagnosis and the record of treatment or examinations rendered to me during the period of such medical care, and also request my insurance company to pay directly to Acupuncture & Wellness Center, P.S. for those medical services. I understand that any outstanding account balances will be sent to collections after 90 days if payment has not been remitted. An East Asian Medicine Practitioner in the State of Washington is not licensed to prescribe pharmaceutical drugs. If you want the clinic to treat a condition has been diagnosed by your doctor and is not an emergency situation we will be happy to do so, so long as the condition has been diagnosed by your doctor and is not an emergency situation. If the patient decides to alter their pharmaceutical regime in any way the patient must consult their doctor before doing so. I have read the above and I understand and accept these policies.

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

Patient Signature: \_\_\_\_\_



# Health History Questionnaire

List all hospital stays, surgeries, or major illnesses that you have had since birth

Year Occurred


Test	Year	Test Results
<input type="checkbox"/> Physical	_____	_____
<input type="checkbox"/> Cholesterol	_____	_____
<input type="checkbox"/> Prostate	_____	_____
<input type="checkbox"/> Mammogram	_____	_____
<input type="checkbox"/> Pap Smear	_____	_____
<input type="checkbox"/> Blood	_____	_____
<input type="checkbox"/> HIV/STD	_____	_____

Please check if you have or had any of the following conditions

- |                                        |                                       |                                              |                                         |
|----------------------------------------|---------------------------------------|----------------------------------------------|-----------------------------------------|
| <input type="checkbox"/> Diabetes      | <input type="checkbox"/> Syphilis     | <input type="checkbox"/> Mumps               | <input type="checkbox"/> Jaundice       |
| <input type="checkbox"/> Heart Disease | <input type="checkbox"/> CVA (Stroke) | <input type="checkbox"/> Rheumatic Fever     | <input type="checkbox"/> Hepatitis      |
| <input type="checkbox"/> Asthma        | <input type="checkbox"/> Pneumonia    | <input type="checkbox"/> Emphysema           | <input type="checkbox"/> Vein Condition |
| <input type="checkbox"/> Allergies     | <input type="checkbox"/> Gonorrhea    | <input type="checkbox"/> Bleeding Tendency   | <input type="checkbox"/> Tuberculosis   |
| <input type="checkbox"/> Meningitis    | <input type="checkbox"/> Measles      | <input type="checkbox"/> High Blood Pressure | <input type="checkbox"/> Chicken Pox    |
| <input type="checkbox"/> Epilepsy      | <input type="checkbox"/> HIV          | <input type="checkbox"/> Nervous Disorder    | <input type="checkbox"/> Polio          |
| <input type="checkbox"/> Paralysis     | <input type="checkbox"/> High Fever   | <input type="checkbox"/> Mononucleosis       | <input type="checkbox"/> Migraines      |
| <input type="checkbox"/> Glaucoma      | <input type="checkbox"/> Cancer       | <input type="checkbox"/> Multiple Sclerosis  | <input type="checkbox"/> Anxiety        |

# Health History Questionnaire

Please check all the symptoms that you are currently experiencing or have experienced in the last 6 months.

What makes the pain better?

- Soft pressure
- Hard pressure
- Cold
- Heat
- Exercise
- Rest
- Other: \_\_\_\_\_

What makes the pain worse?

- Soft pressure
- Hard pressure
- Cold
- Heat
- Exercise
- Rest
- Other: \_\_\_\_\_

**TOTAL BOXES CHECKED:** \_\_\_\_\_

## Describe Your General Pain

- Sharp
- Fixed
- Burning
- Moving
- Cramping
- Aching
- Dull
- Other: \_\_\_\_\_

**TOTAL BOXES CHECKED:** \_\_\_\_\_

## Lung & Kidney Function (Overall Temperature)

- Shortness of breath
- General weakness
- Daily chronic fatigue & malaise
- Low energy
- Difficulty keeping eyes open (daytime)
- Easily catch colds
- Feel worse after exercise

**TOTAL BOXES CHECKED:** \_\_\_\_\_

## Liver, Spleen, Heart Function

- Dizziness
- See floating black spots

**TOTAL BOXES CHECKED:** \_\_\_\_\_

## Heart Function

- Anxiety
- Sores on tip of tongue
- Restlessness
- Mental confusion
- Chest pain traveling to shoulder
- Frequent dreams
- Wake unrefreshed
- Trouble falling and/or staying asleep

**TOTAL BOXES CHECKED:** \_\_\_\_\_

# Health History Questionnaire

## Pancreas/Spleen Function

- |                                             |                                                    |
|---------------------------------------------|----------------------------------------------------|
| <input type="checkbox"/> Low appetite       | <input type="checkbox"/> Gurgling noise in stomach |
| <input type="checkbox"/> Abrupt weight gain | <input type="checkbox"/> Fatigue after eating      |
| <input type="checkbox"/> Abrupt weight loss | <input type="checkbox"/> Bruise easily             |
| <input type="checkbox"/> Abdominal bloating | <input type="checkbox"/> Prolapsed organs: _____   |
| <input type="checkbox"/> Abdominal gas      | <input type="checkbox"/> Overthinking              |
| <input type="checkbox"/> Worry              |                                                    |

**TOTAL BOXES CHECKED:** \_\_\_\_\_

## Small/Large Intestine Function

- |                                            |                                                    |
|--------------------------------------------|----------------------------------------------------|
| <input type="checkbox"/> Loose stools      | <input type="checkbox"/> Blood in stools           |
| <input type="checkbox"/> Constipated       | <input type="checkbox"/> Mucous in stools          |
| <input type="checkbox"/> Incomplete stools | <input type="checkbox"/> Undigested food in stools |
| <input type="checkbox"/> Diarrhea          |                                                    |

**TOTAL BOXES CHECKED:** \_\_\_\_\_

## Lung Function

- |                                                         |                                                                  |
|---------------------------------------------------------|------------------------------------------------------------------|
| <input type="checkbox"/> Nasal discharge (color: _____) | <input type="checkbox"/> Sneezing                                |
| <input type="checkbox"/> Cough                          | <input type="checkbox"/> Headache (location: _____)              |
| <input type="checkbox"/> Nose bleeds                    | <input type="checkbox"/> Overall achy feeling in body            |
| <input type="checkbox"/> Sinus congestion               | <input type="checkbox"/> Stiff neck                              |
| <input type="checkbox"/> Allergies (type: _____)        | <input type="checkbox"/> Stiff shoulders                         |
| <input type="checkbox"/> Alternation of chills/fever    | <input type="checkbox"/> Sore throat                             |
| <input type="checkbox"/> Dry mouth                      | <input type="checkbox"/> Difficulty breathing                    |
| <input type="checkbox"/> Dry throat                     | <input type="checkbox"/> Smoke cigarettes (packs per day: _____) |
| <input type="checkbox"/> Dry nose                       | <input type="checkbox"/> Sadness                                 |
| <input type="checkbox"/> Dry skin                       | <input type="checkbox"/> Melancholy                              |

**TOTAL BOXES CHECKED:** \_\_\_\_\_

## Stomach Function

- |                                                            |                                             |
|------------------------------------------------------------|---------------------------------------------|
| <input type="checkbox"/> Burning sensation after eating    | <input type="checkbox"/> Acid regurgitation |
| <input type="checkbox"/> Large appetite                    | <input type="checkbox"/> Ulcer              |
| <input type="checkbox"/> Bad Breath                        | <input type="checkbox"/> Belching           |
| <input type="checkbox"/> Canker sores (mouth)              | <input type="checkbox"/> Hiccups            |
| <input type="checkbox"/> Bleeding, swollen or painful gums | <input type="checkbox"/> Stomach pain       |
| <input type="checkbox"/> Heartburn                         | <input type="checkbox"/> Vomiting           |

**TOTAL BOXES CHECKED:** \_\_\_\_\_

# Health History Questionnaire

## Dampness Trapped in the Body

- |                                                        |                                           |
|--------------------------------------------------------|-------------------------------------------|
| <input type="checkbox"/> Bodily sensation of heaviness | <input type="checkbox"/> Swollen feet     |
| <input type="checkbox"/> Mental heaviness              | <input type="checkbox"/> Swollen joints   |
| <input type="checkbox"/> Mental sluggishness           | <input type="checkbox"/> Chest congestion |
| <input type="checkbox"/> Mental fogginess              | <input type="checkbox"/> Nausea           |
| <input type="checkbox"/> Swollen hands                 | <input type="checkbox"/> Snoring          |

**TOTAL BOXES CHECKED:** \_\_\_\_\_

## Dampness Trapped in the Body

- |                                                        |                                           |
|--------------------------------------------------------|-------------------------------------------|
| <input type="checkbox"/> Bodily sensation of heaviness | <input type="checkbox"/> Swollen feet     |
| <input type="checkbox"/> Mental heaviness              | <input type="checkbox"/> Swollen joints   |
| <input type="checkbox"/> Mental sluggishness           | <input type="checkbox"/> Chest congestion |
| <input type="checkbox"/> Mental fogginess              | <input type="checkbox"/> Nausea           |
| <input type="checkbox"/> Swollen hands                 | <input type="checkbox"/> Snoring          |

**TOTAL BOXES CHECKED:** \_\_\_\_\_

## Liver Function (Eyes)

- |                                    |                                                 |
|------------------------------------|-------------------------------------------------|
| <input type="checkbox"/> Itchy     | <input type="checkbox"/> Gritty                 |
| <input type="checkbox"/> Bloodshot | <input type="checkbox"/> Blurry vision          |
| <input type="checkbox"/> Hot       | <input type="checkbox"/> Decreased night vision |
| <input type="checkbox"/> Dry       | <input type="checkbox"/> Near sighted           |
| <input type="checkbox"/> Watery    | <input type="checkbox"/> Far sighted            |

**TOTAL BOXES CHECKED:** \_\_\_\_\_

## Liver, Gall Bladder Function

- |                                                              |                                                               |
|--------------------------------------------------------------|---------------------------------------------------------------|
| <input type="checkbox"/> Alternating diarrhea & constipation | <input type="checkbox"/> Muscle spasms                        |
| <input type="checkbox"/> Chest pain                          | <input type="checkbox"/> Seizures                             |
| <input type="checkbox"/> Tight sensation in chest            | <input type="checkbox"/> Convulsions                          |
| <input type="checkbox"/> Bitter taste in mouth               | <input type="checkbox"/> Lump in the throat                   |
| <input type="checkbox"/> Anger easily                        | <input type="checkbox"/> Neck tension                         |
| <input type="checkbox"/> Depression                          | <input type="checkbox"/> Shoulder tension                     |
| <input type="checkbox"/> Frustration                         | <input type="checkbox"/> Limited range of motion in neck      |
| <input type="checkbox"/> Irritability                        | <input type="checkbox"/> Limited range of motion in shoulder  |
| <input type="checkbox"/> Skin rashes                         | <input type="checkbox"/> Alcohol consumption (per day: _____) |
| <input type="checkbox"/> Headache at the top of the head     | <input type="checkbox"/> Recreational drug use (which: _____) |
| <input type="checkbox"/> Tingling sensation                  | <input type="checkbox"/> High-pitched ringing in ears         |
| <input type="checkbox"/> Numbness                            | <input type="checkbox"/> Gallstones                           |
| <input type="checkbox"/> Muscle twitching                    | <input type="checkbox"/> STD's (which: _____)                 |
| <input type="checkbox"/> Muscle cramping                     | <input type="checkbox"/> Unable to adapt to stress            |

**TOTAL BOXES CHECKED:** \_\_\_\_\_

# Health History Questionnaire

## Kidney Function (Overall Temperature)

- |                                                    |                                                          |
|----------------------------------------------------|----------------------------------------------------------|
| <input type="checkbox"/> Cold hands                | <input type="checkbox"/> Afternoon flushes               |
| <input type="checkbox"/> Cold fingers              | <input type="checkbox"/> Night sweats                    |
| <input type="checkbox"/> Cold feet                 | <input type="checkbox"/> Heat in the hands, feet & chest |
| <input type="checkbox"/> Cold toes                 | <input type="checkbox"/> Hot flashes any time of the day |
| <input type="checkbox"/> Sweaty hands              | <input type="checkbox"/> Thirsty                         |
| <input type="checkbox"/> Sweaty feet               | <input type="checkbox"/> Perspire easily                 |
| <input type="checkbox"/> Hot body temp. sensation  | <input type="checkbox"/> Lack of perspiration            |
| <input type="checkbox"/> Cold body temp. sensation | <input type="checkbox"/> Do you take water to bed        |

TOTAL BOXES CHECKED: \_\_\_\_\_

## Kidney (Urinary Bladder Function)

- |                                                            |                                                           |
|------------------------------------------------------------|-----------------------------------------------------------|
| <input type="checkbox"/> Frequent cavities, teeth problems | <input type="checkbox"/> Low-pitched ringing in ears      |
| <input type="checkbox"/> Easily broken bones               | <input type="checkbox"/> Kidney stones                    |
| <input type="checkbox"/> Sore knees                        | <input type="checkbox"/> Bladder infections               |
| <input type="checkbox"/> Weak knees                        | <input type="checkbox"/> Lack of bladder control          |
| <input type="checkbox"/> Cold sensation in knees           | <input type="checkbox"/> Wake during the night to urinate |
| <input type="checkbox"/> Low back pain                     | <input type="checkbox"/> Fear                             |
| <input type="checkbox"/> Memory problems                   | <input type="checkbox"/> Easily Startled                  |
| <input type="checkbox"/> Excessive hair loss               |                                                           |

TOTAL BOXES CHECKED: \_\_\_\_\_

## Urination (Bladder Function)

- |                                                                    |                                            |
|--------------------------------------------------------------------|--------------------------------------------|
| <input type="checkbox"/> Color: Pale ___ Dark Yellow ___ Clear ___ | <input type="checkbox"/> Burning sensation |
| <input type="checkbox"/> Reddish                                   | <input type="checkbox"/> Painful           |
| <input type="checkbox"/> Cloudy                                    | <input type="checkbox"/> Discharge         |
| <input type="checkbox"/> Scanty                                    | <input type="checkbox"/> Difficult         |
| <input type="checkbox"/> Profuse                                   | <input type="checkbox"/> Urgent            |
| <input type="checkbox"/> Strong odor                               | <input type="checkbox"/> Frequent          |

TOTAL BOXES CHECKED: \_\_\_\_\_

## Libido

- Low
- Normal
- High

# Health History Questionnaire

## WOMEN ONLY

- Do you have a regular menstrual cycle?:  Yes  No  
Are you pregnant?:  Yes  No  
Do you have bleeding between periods?  Yes  No  
Do you have a vaginal discharge?  Yes  No

## Menstrual Cycle Symptoms

- |                                            |                                       |
|--------------------------------------------|---------------------------------------|
| <input type="checkbox"/> Nausea            | <input type="checkbox"/> Migraines    |
| <input type="checkbox"/> Vomiting          | <input type="checkbox"/> Dull pain    |
| <input type="checkbox"/> Food cravings     | <input type="checkbox"/> Sharp pain   |
| <input type="checkbox"/> Water retention   | <input type="checkbox"/> Depression   |
| <input type="checkbox"/> Breast swelling   | <input type="checkbox"/> Irritability |
| <input type="checkbox"/> Breast tenderness | <input type="checkbox"/> Anxiety      |
| <input type="checkbox"/> Headaches         | <input type="checkbox"/> Other: _____ |

TOTAL BOXES CHECKED: \_\_\_\_\_

## MEN ONLY

- |                                          |                                                                  |
|------------------------------------------|------------------------------------------------------------------|
| <input type="checkbox"/> Swollen testes  | <input type="checkbox"/> Premature ejaculation                   |
| <input type="checkbox"/> Testicular pain | <input type="checkbox"/> Coldness or numbness external genitalia |
| <input type="checkbox"/> Impotence       | <input type="checkbox"/> Other: _____                            |

TOTAL BOXES CHECKED: \_\_\_\_\_