

Name _____ Date: _____

1. **CIRCLE** current conditions. 2. **CHECK MARK** former conditions.

2. **STATE** duration, frequency, intensity and pain in the space beside current symptoms.

GENERAL SYMPTOMS

- Tremors
- Headache
- Fever
- Sweats
- Fainting
- Dizziness
- Convulsions
- Loss of sleep
- Fatigue
- Nervousness
- Depression
- Loss of weight
- Forgetfulness
- Numbness or pain in arms, hands, elbows, shoulders, hips, legs, knees or feet
- Confusion
- Paralysis

EYES, EARS, NOSE AND THROAT

- Failing vision
- Near sightedness
- Eye pain
- Eye strain
- Cross eyed
- Eye inflammation
- Glaucoma
- Deafness
- Earache
- Loss of hearing
- Ear discharge
- Ear noises
- Nose bleeds
- Nasal obstruction
- Nasal drainage
- Loss of smell
- Sinus infection
- Hay fever
- Allergies
- Sore throat
- Hoarseness
- Difficult speech
- Difficulty swallowing
- Loss of taste
- Change in tastes
- Dental decay
- Gum troubles
- Tonsillitis
- Asthma
- Frequent colds
- Enlarged thyroid
- Enlarged glands

SKIN

- Skin eruptions

- Clammy skin
- Dryness
- Bruises easily
- Boils
- Rashes
- Sensitive skin
- Hives or allergy

RESPIRATORY

- Chronic cough
- Spitting up phlegm
- Spitting up blood
- Chest pain
- Difficult breathing
- Wheezing

CARDIO-VASCULAR

- Rapid beating heart
- Slow beating heart
- Irregular beating heart
- High blood pressure
- Low blood pressure
- Pain over heart
- Previous heart stroke
- Hardening of arteries
- Swelling of ankles
- Poor circulation
- Paralytic stroke
- Varicose veins

MUSCLE AND JOINT

- Stiff neck
- Pain between shoulders
- Backache
- Painful tailbone
- Foot trouble
- Hernia
- Spinal curvature
- Faulty posture
- Swollen joints
- Stiff joints
- Painful joints
- Arthritis
- Sore muscles
- Weak muscles
- Walking problems
- Sciatica

GENITOURINARY

- Frequent urination
- Scanty urine
- Painful urination
- Blood in urine
- Pus in urine
- Kidney infection or stones
- Bed-wetting

- Inability to control urine
- Prostate trouble
- Bladder trouble
- Foul smelling urine
- Discolored urine

GASTROINTESTINAL

- Poor appetite
- Excessive hunger
- Difficult chewing
- Belching or gas
- Nausea
- Gas
- Vomiting
- Vomiting of blood
- Pain over stomach
- Distention of abdomen
- Constipation
- Diarrhea
- Black stool
- Blood in stool
- Colon trouble
- Hemorrhoids (Piles)
- Intestinal worms
- Liver trouble
- Gall bladder trouble
- Jaundice
- Colitis
- Weight trouble

THIS SECTION FOR FEMALES ONLY

- Painful menstrual periods
- Excessive menstrual flow
- Hot flashes
- Irregular cycle
- Cramps or backache
- Previous miscarriage
- Vaginal discharge
- Vaginal pain
- Congested breast
- Breast pain
- Lumps in breast
- Menopausal symptoms
- Abnormal bleeding
- Reduced sexual energy
- Pregnancy
- Pregnancy complications

THIS SECTION FOR MALES ONLY

- Pain associated with genitals
- Reduced sexual energies
- Premature ejaculation
- Seminal emission
- Impotence
- Discharges

Name _____ Date: _____

THIS SECTION FOR FEMALES ONLY:

Are you or might you be pregnant? YES What month? _____ MAYBE NO

Do you use a method of birth control? YES Type: _____

Are you experiencing reduced sexual energies? YES NO Explain: _____

Other difficulties? YES NO Explain: _____

Do you have regular PAP tests? YES NO How regular? _____ Date of last PAP _____

Menstrual Cycle:

Age started: _____ Last menstrual period: _____ Age stopped: _____

Please check or explain if applicable:

- Irregular _____
- Painful _____
- Excess blood _____
- Lack of blood _____
- Dark _____
- Light _____
- Heavy clotting _____
- Water retention _____
- Painful breast _____

Vaginal Discharge:

- Liquid _____
- Yellow _____
- Thick _____
- Bad odor _____
- White _____
- Other _____

Gynecological History or Operations:

- Ovaries _____
- Uterus _____
- Tubes _____
- Vagina _____
- Breast _____
- Other _____

Pregnancy:

Number of pregnancies: _____ Number of abortions: _____

Number of children (including adoptees): _____ Number of miscarriages: _____

Explain complications: _____

THIS SECTION FOR MALES ONLY:

Please check or explain if applicable:

- Reduced sexual energies _____
- Premature ejaculation _____
- Seminal emission _____
- Impotence _____
- Discharges _____
- Pain associated with genitals _____
- Other _____

Name _____ Date: _____

What did you have for your last:

Breakfast: _____

Lunch: _____

Dinner: _____

Do you now undertake (or have you ever undertaken) a restricted diet? Please describe and indicate when:

CURRENT MEDICATIONS: (Do you take or use the following?)

Laxatives	<input type="checkbox"/> YES <input type="checkbox"/> NO	Pain relievers	<input type="checkbox"/> YES <input type="checkbox"/> NO	Antacids	<input type="checkbox"/> YES <input type="checkbox"/> NO
Cortisone	<input type="checkbox"/> YES <input type="checkbox"/> NO	Appetite suppressants	<input type="checkbox"/> YES <input type="checkbox"/> NO	Sleeping pills	<input type="checkbox"/> YES <input type="checkbox"/> NO
Tranquilizers	<input type="checkbox"/> YES <input type="checkbox"/> NO	Thyroid medication	<input type="checkbox"/> YES <input type="checkbox"/> NO		

Please list prescription medications, over the counter medications, vitamins or other supplements you are taking:

- | | | |
|----------|----------|-----------|
| 1) _____ | 5) _____ | 9) _____ |
| 2) _____ | 6) _____ | 10) _____ |
| 3) _____ | 7) _____ | 11) _____ |
| 4) _____ | 8) _____ | 12) _____ |

List ALLERGIES: (Drugs, chemicals, foods) Please list type of reaction.

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Name _____ Date: _____

If not indicated previously, what types of acute illnesses do you get? How often have you experienced them in the past five years?

What is the most important health change you would like to occur?

Please add any other information about yourself or your condition that might not have been previously mentioned:

Name _____ Date: _____

FAMILY HISTORY: (Please check all that apply to natural-born relatives.) Check _____ if adopted.

	Father	Mother	Brothers	Sisters	Spouse	Child(ren)
Age (if living)	_____	_____	_____	_____	_____	_____
Health: G=good P=Poor	_____	_____	_____	_____	_____	_____
Cancer	_____	_____	_____	_____	_____	_____
Diabetes	_____	_____	_____	_____	_____	_____
Heart Disease	_____	_____	_____	_____	_____	_____
High Blood Pressure	_____	_____	_____	_____	_____	_____
Stroke	_____	_____	_____	_____	_____	_____
Epilepsy	_____	_____	_____	_____	_____	_____
Mental Illness	_____	_____	_____	_____	_____	_____
Asthma, Hayfever, Hives	_____	_____	_____	_____	_____	_____
Anemia	_____	_____	_____	_____	_____	_____
Kidney Disease	_____	_____	_____	_____	_____	_____
Glaucoma	_____	_____	_____	_____	_____	_____
Tuberculosis	_____	_____	_____	_____	_____	_____
Age (at death)	_____	_____	_____	_____	_____	_____
Cause of death	_____	_____	_____	_____	_____	_____

CHILDHOOD ILLNESSES: (Please circle Y = yes or N = no)

Scarlet fever	Y N	Diphtheria	Y N	Rheumatic fever	Y N
Mumps	Y N	Measles	Y N	German Measles	Y N
Other	_____				

HOSPITALIZATION AND SURGERY (Please list all surgeries and hospitalization you have had.)

X-RAYS AND SPECIAL STUDIES: (X-rays, CAT scans, MRI's, etc.)

Have you had an Electrocardiogram? YES NO
Have you had an Electroencephalogram? YES NO

IMMUNIZATIONS:

Polio	<input type="checkbox"/> YES <input type="checkbox"/> NO	Pertussis	<input type="checkbox"/> YES <input type="checkbox"/> NO
Tetanus shot (not antitoxin)	<input type="checkbox"/> YES <input type="checkbox"/> NO	Diphtheria	<input type="checkbox"/> YES <input type="checkbox"/> NO
Measles/Mumps/Rubella	<input type="checkbox"/> YES <input type="checkbox"/> NO	Other	_____

Dr. Cheryl Granger

20325 N. 51st Avenue, Suite 112

Glendale, AZ 85308

623-444-4482

I, _____, give permission to Dr. Cheryl Granger to release any of my test results or medical information to any immediate family member listed below:

- 1.
- 2.
- 3.
- 4.
- 5.

Signed

Date

**Granger Naturopathic Clinic, Inc. Policy for:
Rescheduled / Cancelled Appointments
After-hour / Emergency Appointments
NSF Check Fees
Insurance Reimbursement**

PLEASE BE AWARE:

Appointments:

The patient is ALWAYS responsible to call **24 hours prior to the scheduled appointment time** to reschedule or cancel. Failure to do so will result in a \$ 45.00 charge to the patient for the missed appointment.

If you need to reach a doctor after regular business hours, there will be a \$75 fee for the urgent phone call. If you have an emergency, please call 911.

NSF Checks:

NSF checks that are returned to us will automatically mean a charge to the patient account of \$25. The patient will be responsible to replace the amount of the check in addition to the \$25 Non-Sufficient Funds amount.

Payment for services:

An insurance policy is a contract between you and your insurance company. The patient is ALWAYS responsible for payment of all charges incurred regardless of any insurance or other third party payment arrangements.

- Payment will be collected at the time of service.
- Any lab kits purchased are non-refundable after 30 days.
- Most insurance companies do not cover Alternative Medical procedures. This includes but is not limited to Acupuncture, Colonics, Vitamin injections, Microscopy, Intravenous Nutrition and Metabolic Therapy.

The natural medicines that are prescribed by the center's physicians may be purchased here or at the pharmacy of your choice.

I certify that I have read and understand the above policies. I guarantee payment of all charges incurred as a patient of Granger Naturopathic Clinic, Inc.

Signed: _____

Parent or Guardian (if minor): _____

Date: _____

ACKNOWLEDGEMENT OF RECEIPT OF NOTICE OF PRIVACY PRACTICES

I acknowledge that I have received a copy of Granger Naturopathic Clinic, Inc. Notice of Privacy Practices.
(Attached)

Patient or legally authorized individual signature

Date

Printed Name if signed on behalf of the patient

Relationship (parent, legal guardian,
personal representative, etc.)

Revisions (if any):

For office use only

We attempted to obtain written acknowledgement of receipt of our Notice of Privacy Practices, but
acknowledgement could not be obtained because (please specify):

NOTICE OF PRIVACY PRACTICES

To our patients: This notice describes how health information about you, as a patient of this practice, may be used and disclosed, and how you can get access to your health information. This is required by the Privacy regulations created as a result of the Health Insurance Portability and Accountability Act of 1996 (HIPAA).

Our commitment to your privacy

Our practice is dedicated to maintaining the privacy of your health information. We are required by law to maintain the confidentiality of your health information.

We realize that these laws are complicated, but we must provide you with the following important information.

Use and disclosure of your health information in certain special circumstances

The following circumstances may require us to use or disclose your health information:

1. To public health authorities and health oversight agencies that are authorized by law to collect information.
2. Lawsuits and similar proceedings in response to a court or administrative order.
3. If required to do so by law enforcement official.
4. When necessary to reduce or prevent a serious threat to your health and safety or the health and safety of another individual or the public. We will only make disclosures to a person or organization able to help prevent the threat
5. If you are a member of U.S. or foreign military forces (including veterans) and if required by the appropriate authorities.
6. To federal officials for intelligence and national security activities authorized by law.
7. To correctional institutions or law enforcement officials, if you are an inmate or under the custody of a law enforcement official.
8. For Workers Compensation and similar programs.
9. In cases of suspected child abuse or dependent adult or elder abuse, for which we are required by law to report.
10. If a client is threatening serious bodily harm to another person(s), we must inform the intended victim.
11. If a client intends to harm himself or herself, we must act to protect the life of the client.

Your rights regarding your health information

1. You can request that our practice communicate with you about your health and related issues in a particular manner or at a certain location. For instance, you may ask that we contact you at home, rather than work. We will accommodate reasonable requests.
2. You can request a restriction in our use or disclosure of your health information for treatment, payment, or health care operations. Additionally, you have the right to request that we restrict our disclosure of your health information to only certain individuals involved in your care or the payment for your care, such as family members and friends. We are not required to agree to your request; however, if we do agree, we are bound by our agreement except when otherwise required by law, in emergencies, or when the information is necessary to treat you.
3. You have the right to inspect and obtain a copy of the health information that may be used to make decisions about you, including patient medical records and billing records, but not including psychotherapy notes. You must submit your request in writing to Granger Naturopathic Clinic, Inc., 20325 N. 51st Avenue, Suite 112, Glendale, AZ 85308. Note: *We must respond to this request within 30 days.*
4. You may ask us to amend your health information if you believe it is incorrect or incomplete, and as long as the information is kept by or for our practice. To request an amendment, your request must be made in writing and submitted to Granger Naturopathic Clinic, Inc., 20325 N. 51st Avenue, Suite 112, Glendale, AZ 85308. You must provide us with a reason that supports your request for amendment.

Note: *We must respond within 60 days. The Privacy Officer or the patient's physician will usually do this. If the physician believes the information is complete and accurate, the physician can refuse to make any changes.*

5. You are entitled to receive a copy of this Notice of Privacy Practices. You may ask us to give you a copy of this Notice at any time. To obtain a copy of this notice, contact the front desk receptionist.
6. If you believe your privacy rights have been violated, you may file a complaint with our practice or with the Secretary of the Department of Health and Human Services. To file a complaint with our practice, contact the Office Manager at Granger Naturopathic Clinic, Inc., 20325 N. 51st Avenue, Suite 112, Glendale, AZ 85308. All complaints must be submitted in writing. You will not be penalized for filing a complaint.
7. Our practice will obtain your written authorization for uses and disclosures that are not identified by this notice or permitted by applicable law.

If you have any questions regarding this notice or our health information privacy policies, please contact the Office Manager at Granger Naturopathic Clinic, Inc.