



# CONFIDENTIAL HEALTH INFORMATION

Sea Coast Chiropractic and Wellness  
Dr. Sean Reese  
2210 Wrightsville Avenue Suite 3C  
Wilmington, NC 28403  
(910) 392-3100

Please allow our staff to photocopy your driver's license and insurance details.  
All information you supply is confidential. We comply with all federal privacy standards.  
Please print clearly.

Today's Date (MM/DD/YYYY)

Have you consulted a chiropractor before?  
 No  Yes When?

Whom may we thank for referring you?

If so, whom?

Gender

Male  Female

Your Last Name

Your Social Security Number

Your First Name

Your Middle Name (or Initial)

Birth Date (MM/DD/YYYY)

Marital Status

Single  Married  Divorced  
 Widowed  Separated

Address

City

State/Province

ZIP/Postal Code

Home Phone

Spouse's Name

Email Address

Cell Phone

Child's Name and Age

Emergency Contact

Phone

Child's Name and Age

Your Occupation

Child's Name and Age

Your Employer

May we contact you at work?

Yes  No

Preferred method of contact?

Home Phone  Cell Phone  
 Work Phone  Email

Address

City

State/Province

ZIP/Postal Code

Work Phone

Insurance Carrier

Policy Number

Primary Care Provider's Name

Insured's Last Name

Birth Date (MM/DD/YYYY)

Who carries this policy?

Self  Spouse  Parent

First Name

Middle Name (or Initial)

Insured's Employer

Address

City

State/Province

ZIP/Postal Code

Employer's Phone

CONFIDENTIAL HEALTH INFORMATION

1. The symptom(s) that have prompted me to seek care today include: \_\_\_\_\_

Patient name \_\_\_\_\_

2. And are the result of (darken circle):  An accident or injury  
 Work  Auto  Other \_\_\_\_\_  
 A worsening long-term problem  
 An interest in:  Wellness  Other \_\_\_\_\_

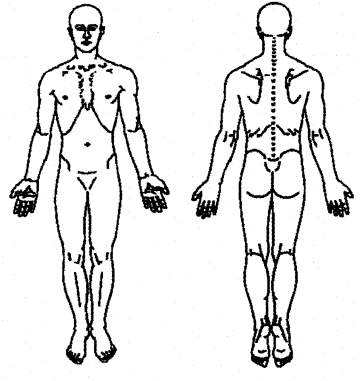
3. Onset (When did you first notice your current symptoms?) \_\_\_\_\_

4. Intensity (How extreme are your current symptoms?)  
 0  1  2  3  4  5  6  7  8  9  10  
 Absent Uncomfortable Agonizing

5. Duration and Timing (When did it start and how often do you feel it?)  
 Constant  Comes and goes. How Often? \_\_\_\_\_

6. Quality of symptoms (What does it feel like?)  
 Numbness  
 Tingling  
 Stiffness  
 Dull  
 Aching  
 Cramps  
 Nagging  
 Sharp  
 Burning  
 Shooting  
 Throbbing  
 Stabbing  
 Other \_\_\_\_\_

7. Location (Where does it hurt?)  
 Circle the area(s) on the illustration.  
 "0" for current condition  
 "X" for conditions experienced in the past



8. Radiation (Does it affect other areas of your body? To what areas does the pain radiate, shoot or travel.) \_\_\_\_\_

9. Aggravating or relieving factors (What makes it better or worse, such as time of day, movements, certain activities, etc.)  
 What tends to worsen the problem? \_\_\_\_\_  
 What tends to lessen the problem? \_\_\_\_\_

10. Prior interventions (What have you done to relieve the symptoms?)  
 Prescription medication  Surgery  Ice  
 Over-the-counter drugs  Acupuncture  Heat  
 Homeopathic remedies  Chiropractic  Other \_\_\_\_\_  
 Physical therapy  Massage \_\_\_\_\_

11. What else should Dr. Reese know about your current condition? \_\_\_\_\_

12. How does your current condition interfere with your:  
 Work or career: \_\_\_\_\_  
 Recreational activities: \_\_\_\_\_  
 Household responsibilities: \_\_\_\_\_  
 Personal relationships: \_\_\_\_\_

13. Review of Systems  
 Chiropractic care focuses on the integrity of your nervous system, which controls and regulates your entire body. Please darken the circle beside any condition that you've Had or currently Have and initial to the right.

<b>a. Musculoskeletal</b>							
Had Have <input type="radio"/> <input type="radio"/> Osteoporosis	Had Have <input type="radio"/> <input type="radio"/> Arthritis	Had Have <input type="radio"/> <input type="radio"/> Scoliosis	Had Have <input type="radio"/> <input type="radio"/> Neck pain	Had Have <input type="radio"/> <input type="radio"/> Back problems	Had Have <input type="radio"/> <input type="radio"/> Hip disorders	NONE <input type="radio"/>	Initials _____
<input type="radio"/> <input type="radio"/> Knee injuries	<input type="radio"/> <input type="radio"/> Foot/ankle pain	<input type="radio"/> <input type="radio"/> Shoulder problems	<input type="radio"/> <input type="radio"/> Elbow/wrist pain	<input type="radio"/> <input type="radio"/> TMJ issues	<input type="radio"/> <input type="radio"/> Poor posture		
<b>b. Neurological</b>							
Had Have <input type="radio"/> <input type="radio"/> Anxiety	Had Have <input type="radio"/> <input type="radio"/> Depression	Had Have <input type="radio"/> <input type="radio"/> Headache	Had Have <input type="radio"/> <input type="radio"/> Dizziness	Had Have <input type="radio"/> <input type="radio"/> Pins and needles	Had Have <input type="radio"/> <input type="radio"/> Numbness	NONE <input type="radio"/>	Initials _____
<b>c. Cardiovascular</b>							
Had Have <input type="radio"/> <input type="radio"/> High blood pressure	Had Have <input type="radio"/> <input type="radio"/> Low blood pressure	Had Have <input type="radio"/> <input type="radio"/> High cholesterol	Had Have <input type="radio"/> <input type="radio"/> Poor circulation	Had Have <input type="radio"/> <input type="radio"/> Angina	Had Have <input type="radio"/> <input type="radio"/> Excessive bruising	NONE <input type="radio"/>	Initials _____
<b>d. Respiratory</b>							
Had Have <input type="radio"/> <input type="radio"/> Asthma	Had Have <input type="radio"/> <input type="radio"/> Apnea	Had Have <input type="radio"/> <input type="radio"/> Emphysema	Had Have <input type="radio"/> <input type="radio"/> Hay fever	Had Have <input type="radio"/> <input type="radio"/> Shortness of breath	Had Have <input type="radio"/> <input type="radio"/> Pneumonia	NONE <input type="radio"/>	Initials _____
<b>e. Digestive</b>							
Had Have <input type="radio"/> <input type="radio"/> Anorexia/bulimia	Had Have <input type="radio"/> <input type="radio"/> Ulcer	Had Have <input type="radio"/> <input type="radio"/> Food sensitivities	Had Have <input type="radio"/> <input type="radio"/> Heartburn	Had Have <input type="radio"/> <input type="radio"/> Constipation	Had Have <input type="radio"/> <input type="radio"/> Diarrhea	NONE <input type="radio"/>	Initials _____
<b>f. Sensory</b>							
Had Have <input type="radio"/> <input type="radio"/> Blurred vision	Had Have <input type="radio"/> <input type="radio"/> Ringing in ears	Had Have <input type="radio"/> <input type="radio"/> Hearing loss	Had Have <input type="radio"/> <input type="radio"/> Chronic ear infection	Had Have <input type="radio"/> <input type="radio"/> Loss of smell	Had Have <input type="radio"/> <input type="radio"/> Loss of taste	NONE <input type="radio"/>	Initials _____
<b>g. Skin</b>							
Had Have <input type="radio"/> <input type="radio"/> Skin cancer	Had Have <input type="radio"/> <input type="radio"/> Psoriasis	Had Have <input type="radio"/> <input type="radio"/> Eczema	Had Have <input type="radio"/> <input type="radio"/> Acne	Had Have <input type="radio"/> <input type="radio"/> Hair loss	Had Have <input type="radio"/> <input type="radio"/> Rash	NONE <input type="radio"/>	Initials _____

Consultation Notes

Doctor's Initials \_\_\_\_\_  
 Sea Coast Chiropractic and Wellness  
 Dr. Sean Reese

(Continued from previous page)

**h. Endocrine**

Had  Have  Thyroid issues    Had  Have  Immune disorders  
 Had  Have  Hypoglycemia    Had  Have  Frequent infection    Had  Have  Swollen glands    Had  Have  Low energy    NONE   
 Initials \_\_\_\_\_

**i. Genitourinary**

Had  Have  Kidney stones    Had  Have  Infertility    Had  Have  Bedwetting    Had  Have  Prostate issues    Had  Have  Erectile dysfunction    Had  Have  PMS symptoms    NONE   
 Initials \_\_\_\_\_

**j. Constitutional**

Had  Have  Fainting    Had  Have  Low libido    Had  Have  Poor appetite    Had  Have  Fatigue    Had  Have  Sudden weight gain/loss (circle one)    Had  Have  Weakness    NONE   
 Initials \_\_\_\_\_

Patient name \_\_\_\_\_

Initials \_\_\_\_\_

Initials \_\_\_\_\_

Initials \_\_\_\_\_

All other systems negative

**Past Personal, Family and Social History**

Please identify your past health history, including accidents, injuries, illnesses and treatments. Please complete each section fully.

**14. Illnesses**  
 Check the illnesses you have **Had** in the past or **Have** now.

Had <input type="radio"/>	Have <input type="radio"/>	AIDS	Had <input type="radio"/>	Have <input type="radio"/>	Tuberculosis
<input type="radio"/>	<input type="radio"/>	Alcoholism	<input type="radio"/>	<input type="radio"/>	Typhoid fever
<input type="radio"/>	<input type="radio"/>	Allergies	<input type="radio"/>	<input type="radio"/>	Ulcer
<input type="radio"/>	<input type="radio"/>	Arteriosclerosis	<input type="radio"/>	<input type="radio"/>	Other: _____
<input type="radio"/>	<input type="radio"/>	Cancer	_____	_____	_____
<input type="radio"/>	<input type="radio"/>	Chicken pox	_____	_____	_____
<input type="radio"/>	<input type="radio"/>	Diabetes	_____	_____	_____
<input type="radio"/>	<input type="radio"/>	Epilepsy	_____	_____	_____
<input type="radio"/>	<input type="radio"/>	Glaucoma	_____	_____	_____
<input type="radio"/>	<input type="radio"/>	Goiter	_____	_____	_____
<input type="radio"/>	<input type="radio"/>	Gout	_____	_____	_____
<input type="radio"/>	<input type="radio"/>	Heart disease	_____	_____	_____
<input type="radio"/>	<input type="radio"/>	Hepatitis	_____	_____	_____
<input type="radio"/>	<input type="radio"/>	HIV Positive	_____	_____	_____
<input type="radio"/>	<input type="radio"/>	Malaria	_____	_____	_____
<input type="radio"/>	<input type="radio"/>	Measles	_____	_____	_____
<input type="radio"/>	<input type="radio"/>	Multiple Sclerosis	_____	_____	_____
<input type="radio"/>	<input type="radio"/>	Mumps	_____	_____	_____
<input type="radio"/>	<input type="radio"/>	Polio	_____	_____	_____
<input type="radio"/>	<input type="radio"/>	Rheumatic fever	_____	_____	_____
<input type="radio"/>	<input type="radio"/>	Scarlet fever	_____	_____	_____
<input type="radio"/>	<input type="radio"/>	Sexually transmitted disease	_____	_____	_____
<input type="radio"/>	<input type="radio"/>	Stroke	_____	_____	_____

**15. Operations**  
 Surgical interventions, which may or may not have included hospitalization.

Appendix removal  
 Bypass surgery  
 Cancer  
 Cosmetic surgery  
 Elective surgery: \_\_\_\_\_  
 \_\_\_\_\_  
 Eye surgery  
 Hysterectomy  
 Pacemaker  
 Spine \_\_\_\_\_  
 \_\_\_\_\_  
 Tonsillectomy  
 Vasectomy  
 Other: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

**16. Treatments**  
 Check the ones you've received in the **Past** or are receiving **Currently**.

Past <input type="radio"/>	Currently <input type="radio"/>	Acupuncture
<input type="radio"/>	<input type="radio"/>	Antibiotics
<input type="radio"/>	<input type="radio"/>	Birth control pills
<input type="radio"/>	<input type="radio"/>	Blood transfusions
<input type="radio"/>	<input type="radio"/>	Chemotherapy
<input type="radio"/>	<input type="radio"/>	Chiropractic care
<input type="radio"/>	<input type="radio"/>	Dialysis
<input type="radio"/>	<input type="radio"/>	Herbs
<input type="radio"/>	<input type="radio"/>	Homeopathy
<input type="radio"/>	<input type="radio"/>	Hormone replacement
<input type="radio"/>	<input type="radio"/>	Inhaler
<input type="radio"/>	<input type="radio"/>	Massage therapy
<input type="radio"/>	<input type="radio"/>	Physical therapy
<input type="radio"/>	<input type="radio"/>	Nutritional supplements:

List: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

Medications (prescription and over-the-counter):  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

**17. Injuries**  
 Have you ever...

<input type="radio"/> Had a fractured or broken bone	<input type="radio"/> Used a crutch or other support
<input type="radio"/> Had a spine or nerve disorder	<input type="radio"/> Used neck or back bracing
<input type="radio"/> Been knocked unconscious	<input type="radio"/> Received a tattoo
<input type="radio"/> Been injured in an accident	<input type="radio"/> Had a body piercing

**18. Family History**  
 Some health issues are hereditary. Tell Dr. Reese about the health of your immediate family members.

Relative	Age (If living)	State of health		Illnesses	Age at death	Cause of death	
		Good	Poor			Natural	Illness
Mother	_____	<input type="radio"/>	<input type="radio"/>	_____	_____	<input type="radio"/>	<input type="radio"/>
Father	_____	<input type="radio"/>	<input type="radio"/>	_____	_____	<input type="radio"/>	<input type="radio"/>
Sister 1	_____	<input type="radio"/>	<input type="radio"/>	_____	_____	<input type="radio"/>	<input type="radio"/>
Sister 2	_____	<input type="radio"/>	<input type="radio"/>	_____	_____	<input type="radio"/>	<input type="radio"/>
Brother 1	_____	<input type="radio"/>	<input type="radio"/>	_____	_____	<input type="radio"/>	<input type="radio"/>
Brother 2	_____	<input type="radio"/>	<input type="radio"/>	_____	_____	<input type="radio"/>	<input type="radio"/>

**19. Are there any other hereditary health issues that you know about?** \_\_\_\_\_  
 \_\_\_\_\_

**20. Social History**  
 Tell Dr. Reese about your health habits and stress levels.

SOCIAL	Alcohol use	<input type="radio"/> Daily	<input type="radio"/> Weekly	How much? _____	Prayer or meditation?	<input type="radio"/> Yes	<input type="radio"/> No
	Coffee use	<input type="radio"/> Daily	<input type="radio"/> Weekly	How much? _____	Job pressure/stress?	<input type="radio"/> Yes	<input type="radio"/> No
	Tobacco use	<input type="radio"/> Daily	<input type="radio"/> Weekly	How much? _____	Financial peace?	<input type="radio"/> Yes	<input type="radio"/> No
	Exercising	<input type="radio"/> Daily	<input type="radio"/> Weekly	How much? _____	Vaccinated?	<input type="radio"/> Yes	<input type="radio"/> No
	Pain relievers	<input type="radio"/> Daily	<input type="radio"/> Weekly	How much? _____	Mercury fillings?	<input type="radio"/> Yes	<input type="radio"/> No
	Soft drinks	<input type="radio"/> Daily	<input type="radio"/> Weekly	How much? _____	Recreational drugs?	<input type="radio"/> Yes	<input type="radio"/> No
	Water intake	<input type="radio"/> Daily	<input type="radio"/> Weekly	How much? _____			

Hobbies: \_\_\_\_\_

Consultation Notes

Doctor's Initials \_\_\_\_\_  
**Sea Coast Chiropractic and Wellness**  
**Dr. Sean Reese**

**21. Activities of Daily Living**

How does this condition currently interfere with your life and ability to function?

	No Effect	Mild Effect	Moderate Effect	Severe Effect
Sitting	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Rising out of chair	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Standing	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Walking	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Lying down	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Bending over	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Climbing stairs	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Using a computer	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Getting in/out of car	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Driving a car	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Looking over shoulder	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Caring for family	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Grocery shopping	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Household chores	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Lifting objects	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Reaching overhead	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Showering or bathing	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Dressing myself	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Love life	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Getting to sleep	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Staying asleep	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Concentrating	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Exercising	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Yard work	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Patient name \_\_\_\_\_

**22. What is the major stressor in your life?** \_\_\_\_\_

**23. Personal health goals:**

- |   |  |  |
|---|--|--|
| <input type="radio"/> Improve Nutrition/Eating Habits | <input type="radio"/> Lower Cholesterol    | <input type="radio"/> Get off Medications        |
| <input type="radio"/> Weight Loss/Fat Loss            | <input type="radio"/> Lower Blood Pressure | <input type="radio"/> Improved Sleep             |
| <input type="radio"/> Increase Lean Muscle Mass       | <input type="radio"/> Start Exercising     | <input type="radio"/> Improved Energy            |
| <input type="radio"/> Increase Bone Density           | <input type="radio"/> Look Better          | <input type="radio"/> Improved Posture           |
| <input type="radio"/> Reduce Stress                   | <input type="radio"/> Feel Better          | <input type="radio"/> Improved Outlook/Happiness |

**24. On a scale of 1 to 10 with 1=Poor and 10=Excellent, please rate how well you think you are doing in the following categories:**

Exercise \_\_\_\_\_ Sleep \_\_\_\_\_ Diet \_\_\_\_\_ Stress Level \_\_\_\_\_ Water Intake \_\_\_\_\_ Energy Level \_\_\_\_\_

**25. Do you take:** Omega 3 (Fish Oil)?  Yes  No      Vitamin D3?  Yes  No      Probiotics?  Yes  No

**26. Who is your Family Physician or Primary Doctor that monitors you?** \_\_\_\_\_

**27. When was the last time you had blood work done?** \_\_\_\_\_

**Acknowledgements**

To set clear expectations, improve communications and help you get the best results in the shortest amount of time, please read each statement and initial your agreement.

Initials \_\_\_\_\_ **I instruct the chiropractor to deliver the care that, in his or her professional judgement, can best help me in the restoration of my health. I also understand that the chiropractic care offered in this practice is based on the best available evidence and designed to reduce or correct vertebral subluxation. Chiropractic is a separate and distinct healing art from medicine and does not proclaim to cure any named disease or entity.**

Initials \_\_\_\_\_ **I may request a copy of the Privacy Policy and understand it describes how my personal health information is protected and released on my behalf for seeking reimbursement from any involved third parties.**

Initials \_\_\_\_\_ **I realize that an X-ray examination may be hazardous to an unborn child and I certify that to the best of my knowledge I am not pregnant. Date of last menstrual period (MM/DD/YYYY):** \_\_\_\_\_

Initials \_\_\_\_\_ **I grant permission to be called to confirm or reschedule an appointment and to be sent occasional cards, letters, emails or health information to me as an extension of my care in this office.**

Initials \_\_\_\_\_ **I acknowledge that any insurance I may have is an agreement between the carrier and me and that I am responsible for the payment of any covered or non-covered services I receive.**

Initials \_\_\_\_\_ **To the best of my ability, the information I have supplied is complete and truthful. I have not misrepresented the presence, severity or cause of my health concern.**

**If the patient is a minor child, print child's full name:** \_\_\_\_\_

Signature \_\_\_\_\_

Date (MM/DD/YYYY) \_\_\_\_\_

Consultation Notes

Doctor's Initials \_\_\_\_\_

**Sea Coast Chiropractic  
and Wellness  
Dr. Sean Reese**

# Electronic Health Records Intake Form

*This form complies with CMS EHR incentive program requirements*

First Name: \_\_\_\_\_

Last Name: \_\_\_\_\_

Email address: \_\_\_\_\_ @ \_\_\_\_\_

Preferred method of communication for patient reminders (Circle one): Email / Phone / Mail

DOB: \_\_/\_\_/\_\_

Gender (Circle one): Male / Female

Preferred Language: \_\_\_\_\_

Smoking Status (Circle one): Every Day Smoker / Occasional Smoker / Former Smoker / Never Smoked

Smoking Start Date (Optional): \_\_\_\_\_

Family Medical History (Record one diagnosis in your family history and the affected relative)				
Diagnosis (Write in below)	Father	Mother	Sibling: ( )	Offspring: ( )
Example: Heart Disease		X		

Race (Circle one): American Indian or Alaska Native / Asian / Black or African American / White (Caucasian) Native Hawaiian or Pacific Islander / I Decline to Answer

Ethnicity (Circle one): Hispanic or Latino / Not Hispanic or Latino / I Decline to Answer

Are you currently taking any medications? (Include regularly used over the counter medications)	
Medication Name	Dosage and Frequency (i.e. 5mg once a day, etc.)

Do you have any medication allergies?			
Medication Name	Reaction	Onset Date	Additional Comments

I choose to decline receipt of my clinical summary after every visit (These summaries are often blank as a result of the nature and frequency of chiropractic care.)

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

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

For office use only			
Height: _____	Weight: _____	Blood Pressure: _____ / _____	

# **BACK INDEX**

**Patient Name** \_\_\_\_\_

**Date** \_\_\_\_\_

**This questionnaire will give your doctor information about how your back condition affects your everyday life. Please answer every section by marking the one statement that *most applies* to you. If two or more statements in one section apply, please mark the one statement that *most closely* describes your current condition.**

## **Pain Intensity**

- 0 - The pain comes and goes and is very mild.
- 1 - The pain is mild and does not vary much.
- 2 - The pain comes and goes and is moderate.
- 3 - The pain is moderate and does not vary much.
- 4 - The pain comes and goes and is very severe.
- 5 - The pain is very severe and does not vary much.

## **Sleeping**

- 0 - I get no pain in bed.
- 1 - I get pain in bed but it does not prevent me from sleeping well.
- 2 - Because of pain my normal sleep is reduced by less than 25%.
- 3 - Because of pain my normal sleep is reduced by less than 50%.
- 4 - Because of pain my normal sleep is reduced by less than 75%.
- 5 - Pain prevents me from sleeping at all.

## **Sitting**

- 0 - I can sit in any chair as long as I like.
- 1 - I can only sit in my favorite chair as long as I like.
- 2 - Pain prevents me from sitting more than 1 hour.
- 3 - Pain prevents me from sitting more than ½ hour.
- 4 - Pain prevents me from sitting more than 10 minutes.
- 5 - I avoid sitting because it increases pain immediately.

## **Standing**

- 0 - I can stand as long as I want without pain.
- 1 - I have some pain while standing but it does not increase with time.
- 2 - I cannot stand for longer than 1 hour without increasing pain.
- 3 - I cannot stand for longer than ½ hour without increasing pain.
- 4 - I cannot stand for longer than 10 minutes without increasing pain.
- 5 - I avoid standing because it increases pain immediately.

## **Walking**

- 0 - I have no pain while walking.
- 1 - I have some pain while walking but it doesn't increase with distance.
- 2 - I cannot walk more than 1 mile without increasing pain.
- 3 - I cannot walk more than ½ mile without increasing pain.
- 4 - I cannot walk more than ¼ mile without increasing pain.
- 5 - I cannot walk at all without increasing pain.

## **Personal Care**

- 0 - I do not have to change my way of washing or dressing in order to avoid pain.
- 1 - I do not normally change my way of washing or dressing even though it causes some pain.
- 2 - Washing and dressing increases the pain but I manage not to change my way of doing it.
- 3 - Washing and dressing increases the pain and I find it necessary to change my way of doing it.
- 4 - Because of the pain I am unable to do some washing and dressing without help.
- 5 - Because of the pain I am unable to do any washing and dressing without help.

## **Lifting**

- 0 - I can lift heavy weights without extra pain.
- 1 - I can lift heavy weights but it causes extra pain.
- 2 - Pain prevents me from lifting heavy weights off the floor.
- 3 - Pain prevents me from lifting heavy weights off the floor but not if positioned on a table.
- 4 - Pain prevents me from lifting heavy weights off the floor but not medium weight from a table.
- 5 - I can only lift very light weights.

## **Traveling**

- 0 - I get no pain while traveling.
- 1 - I get some pain while traveling but none of my usual forms of travel make it worse.
- 2 - I get extra pain while traveling but it does not cause me to seek alternate forms of travel.
- 3 - I get extra pain while traveling which causes me to seek alternate forms of travel.
- 4 - Pain restricts all forms of travel except that done while lying down.
- 5 - Pain restricts all forms of travel.

## **Social Life**

- 0 - My social life is normal and gives me no extra pain.
- 1 - My social life is normal but increases the degree of pain.
- 2 - Pain has no significant affect on my social life apart from limiting my more energetic interests.
- 3 - Pain has restricted my social life and I do not go out very often.
- 4 - Pain has restricted my social life to my home.
- 5 - I have hardly any social life because of the pain.

## **Changing Degree of Pain**

- 0 - My pain is rapidly getting better.
- 1 - My pain fluctuates but overall is definitely getting better.
- 2 - My pain seems to be getting better but improvement is slow.
- 3 - My pain is neither getting better nor worse.
- 4 - My pain is gradually worsening.
- 5 - My pain is rapidly worsening.

**Index score = [Sum of all statements selected / (# of sections with a statement selected x 5)] x 100. BACK INDEX SCORE \_\_\_\_\_**

# NECK INDEX

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

Date \_\_\_\_\_

This questionnaire will give your doctor information about how your neck condition affects your everyday life. Please answer every section by marking the one statement that *most applies* to you. If two or more statements in one section apply, please mark the one statement that *most closely* describes your current condition.

## Pain Intensity

- 0 – I have no pain at the moment.
- 1 – The pain is mild and does not vary much.
- 2 – The pain comes and goes and is moderate.
- 3 – The pain is fairly severe at the moment.
- 4 – The pain is very severe at the moment.
- 5 – The pain is the worst imaginable at the moment.

## Sleeping

- 0 – I have no trouble sleeping.
- 1 – My sleep is slightly disturbed (less than 1 hour sleepless).
- 2 – My sleep is mildly disturbed (1 – 2 hours sleepless).
- 3 – My sleep is moderately disturbed (2 – 3 hours sleepless).
- 4 – My sleep is greatly disturbed (3 – 5 hours sleepless).
- 5 – My sleep is completely disturbed (5 – 7 hours sleepless).

## Reading

- 0 – I can read as much as I want with no neck pain.
- 1 – I can read as much as I want with slight neck pain.
- 2 – I can read as much as I want with moderate neck pain.
- 3 – I cannot read as much as I want because of moderate neck pain.
- 4 – I can hardly read at all because of severe neck pain.
- 5 – I cannot read at all because of neck pain.

## Concentration

- 0 – I can concentrate fully when I want with no difficulty.
- 1 – I can concentrate fully when I want with slight difficulty.
- 2 – I have a fair degree of difficulty concentrating when I want.
- 3 – I have a lot of difficulty concentrating when I want.
- 4 – I have a great deal of difficulty concentrating when I want.
- 5 – I cannot concentrate at all.

## Work

- 0 – I can do as much work as I want.
- 1 – I can only do my usual work but no more.
- 2 – I can only do most of my usual work but no more.
- 3 – I cannot do my usual work.
- 4 – I can hardly do any work at all.
- 5 – I cannot do any work at all.

## Personal Care

- 0 – I can look after myself normally without causing extra pain.
- 1 – I can look after myself normally but it causes some extra pain.
- 2 – It is painful to look after myself and I am slow and careful.
- 3 – I need some help but I manage most of my personal care.
- 4 – I need help every day in most aspects of self care.
- 5 – I do not get dressed, wash with difficulty, and stay in bed.

## Lifting

- 0 – I can lift heavy weights without extra pain.
- 1 – I can lift heavy weights but it causes extra pain.
- 2 – Pain prevents me from lifting heavy weights off the floor but not if positioned on a table.
- 3 – Pain prevents me from lifting heavy weights off the floor but not medium weight from a table.
- 4 – I can only lift very light weights.
- 5 – I cannot lift or carry anything at all.

## Driving

- 0 – I can drive my car without any neck pain.
- 1 – I can drive my car as long as I want with slight neck pain..
- 2 – I can drive my car as long as I want with moderate neck pain.
- 3 – I cannot drive my car as long as I want because of moderate neck pain.
- 4 – I can hardly drive at all because of severe neck pain.
- 5 – I cannot drive my car at all because of neck pain.

## Recreation

- 0 – I am able to engage in all my recreation activities without neck pain.
- 1 – I am able to engage in all my usual recreation activities with some neck pain.
- 2 – I am able to engage in most but not all my usual recreation activities because of neck pain.
- 3 – I am only able to engage in a few of my usual recreation activities because of neck pain.
- 4 – I can hardly do any recreation activities because of neck pain.
- 5 – I cannot do any recreation activities at all.

## Headaches

- 0 – I have no headaches at all.
- 1 – I have slight headaches which come infrequently.
- 2 – I have moderate headaches which come infrequently.
- 3 – I have moderate headaches which come frequently.
- 4 – I have severe headaches which come frequently.
- 5 – I have headaches almost all the time.

Index score = [Sum of all statements selected / (# of sections with a statement selected x 5)] x 100. BACK INDEX SCORE \_\_\_\_\_

# Authorization and Assignment

## Consent for treatment

I the undersigned, a patient in this office, hereby authorize Sean Reese, D.C. (and whomever he may designate as his assistant(s)) to administer treatment as is necessary.

I also certify that no guarantees or assurances have been made to me as to the results that may be obtained.

I understand and agree that health or accident insurance policies are an agreement between the insurance carrier and myself. Furthermore, I understand that this office will prepare any necessary reports and forms to assist me in making any collection from any insurance company and that any amount authorized to be paid directly to this office will be credited to my account upon receipt. However, I clearly understand and agree that all services rendered to me are charged directly to me and that I am personally responsible for payment.

## This lets the insurance company or attorney pay your bill with any insurance or award proceeds

The undersigned hereby assigns to Sea Coast Chiropractic all rights, title, and interest in and to any compensation or payment in any form that the undersigned received or shall receive as a result of or arising out of the injuries sustained by the patient. The undersigned hereby authorizes and directs any person or corporation having notice of this assignment to pay to Sea Coast Chiropractic directly the amount of the indebtedness owed to Sea Coast Chiropractic in connection with services rendered to the patient.

## This says that you are ultimately responsible for your bill.

I understand that I remain personally responsible for the total amounts due on my account(s) with Sea Coast Chiropractic. Signing this form requires that Sea Coast Chiropractic collect payments due at the time services are rendered. If asked, I agree to make payments on my account. I also understand and agree to pay interest on any unpaid balance that is due at the conclusion/termination of the treatment administered at a rate of 1.5% per month (18 percent APR) or as allowed by law, until the balance is paid in full.

## This says that we can release information about you/your health to help get the bill paid.

I authorize Sea Coast Chiropractic to release any information, pertinent to my case, to any insurance company, adjuster, and/or Attorney to facilitate collection under this Assignment, Lien, and Authorization.

## This lets us sign checks sent to us as a payment on your bill here.

I agree that Sea Coast Chiropractic may endorse, sign my name to any checks sent to the clinic as payment on my account(s).

## This alerts you that you will be charged if the account is sent to collection.

If this account is turned over to an attorney or agency for collections, I understand and agree that I will be liable for all expenses incident to the collection of my balance, including attorney fees.

I further agree this assignment of benefits (AOB) cannot be revoked and the right to receive payment cannot be transferred to any other party or re-asserted by me in any way.

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

Signed: \_\_\_\_\_ Print: \_\_\_\_\_



## The Office of Sea Coast Chiropractic

### THIS NOTICE DESCRIBES HOW CHIROPRACTIC AND MEDICAL INFORMATION ABOUT YOU MAY BE USED AND DISCLOSED AND HOW YOU CAN GET ACCESS TO THIS INFORMATION. PLEASE REVIEW IT CAREFULLY.

In the course of your care as a patient at Sea Coast Chiropractic, we may use or disclose personal and health related information about you in the following ways:

\*Your personal health information, including your clinical records, may be disclosed to another health care provider or hospital if it is necessary to refer you for further diagnosis, assessment or treatment.

\*Your health care records as well as your billing records may be disclosed to another party, such as an insurance carrier, an HMO, a PPO, or your employer (if they are responsible for the payment of your services).

\*Your name, address, phone number, email address and your health care records may be used to contact you regarding appointment reminders, newsletter, and birthday correspondence, to provide information about alternatives to your present care, or for other health related information that may be of interest to you.

If you are not at home to receive an appointment reminder, a message may be left on your answering machine. Further, you have the right to inspect or obtain a copy of the information we will use for these purposes. You also have the right to refuse to provide authorization for this office to contact you regarding these matters. If you do not provide us with this authorization it will not affect the care provided to you or the reimbursement avenues associated with your care. Under Federal law, we are also permitted or required to use or disclose your health information without your consent or authorization in the following circumstances:

\*If we are providing health care services to you based on the orders of another health care provider.

\*If we provide health care services to you in an emergency.

\* If we are required by law to provide care to you and we are unable to obtain your consent after attempting to do so.

\* If there are substantial barriers to communicating with you, but in our professional judgment we believe that you intend for us to provide care.

\*If we are ordered by the courts or another appropriate agency.

This office utilizes an "open-adjusting" environment for ongoing patient care. "Open-adjusting" involves several patients being seen in the same adjusting room at the same time. Patients are within sight of one another and some ongoing routine details of care are discussed within earshot of other patients and staff. This environment is used for ongoing care and this is NOT the environment used for taking histories, providing examinations or presenting reports of findings. These procedures are completed in a private, confidential setting. The use of this format is intended to make your experience in our office more efficient and productive as well as to enhance your access to quality health care and health information. If you choose not to be adjusted in an open-adjusting environment, other arrangements will be made for you.

This notice is effective as of \_\_\_\_\_. This notice, and any alterations or amendments made hereto, will expire seven years after the date upon which the record was created. My signature acknowledges that I have received a copy of this notice.

Any use or disclosure of your protected health information, other than as described in the examples outlined above, will only be made upon your written authorization. We normally provide information about your health care to you in person at the time you receive chiropractic care from us. We may also mail information to you regarding your health care or regarding the status on your account. If you would like to receive this information at an address other than your home or, if you would like the information in a different form, please advise us in writing as to your preferences.

You have the right to inspect and/or copy your health information for seven years or for as long as the information remains in our files. In addition, you have the right to request an amendment to your health information. Requests to inspect, copy or amend your health related information should be provided to us in writing.

We are required by state and federal law to maintain the privacy of your patient file and the health protected health information therein. We are also required to provide you with this notice of our privacy practices with respect to your health information.

We are further required by law to abide by the terms of this notice while it is in effect. We reserve the right to alter or amend the terms of this privacy notice; we will notify you in writing as soon as possible following the changes. Any change in our privacy notice will apply for all of your health records in our files.

Information that we use or disclose based on this privacy notice may be subject to re-disclosure by the person or persons to whom we provide the information and may no longer be protected by the federal privacy rights.

If you have a complaint regarding our privacy notice, our privacy practices or any aspect of our privacy activities you should direct your complaint to **Dr. Sean Reese (910) 392-3100**.

If you would like further information about our privacy policies and practices please contact **Dr. Sean Reese (910) 392-3100**.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Name (Printed Please)



Sean Reese, D.C.  
2210 Wrightsville Ave. Suite 3C, Wilmington, NC 28403  
Ph 910-392-3100 Fax 910-763-2884  
www.seacoastchiropractic.com

## Health and Medical Information Release Form

I, \_\_\_\_\_, give permission to Dr. Sean Reese, his staff, associates, and employees of Sea Coast Chiropractic & Wellness to share private and medical information with my medical doctor, \_\_\_\_\_, as well as his staff, employees, and associates. Also, my medical doctor, as well as his or her staff, employees, and associates have permission to share personal and medical information with Dr. Sean Reese and his staff.

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

### Patient Information

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
City, State, Zip: \_\_\_\_\_  
Phone: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

### Medical Doctor Information

Name of Doctor: \_\_\_\_\_  
Address: \_\_\_\_\_  
City, State, Zip: \_\_\_\_\_  
Phone: \_\_\_\_\_