

Name: _____ Date of Birth: _____ MRN: _____

What sex were you assigned at birth? _____ How would you like to be addressed? _____

What is your current gender identity? _____ Preferred Pronoun? _____

Referred by: _____ Date of Appointment: _____

Email Address: _____

Would you like to be added to Integrative Medicine’s electronic newsletter email list? Yes: No:

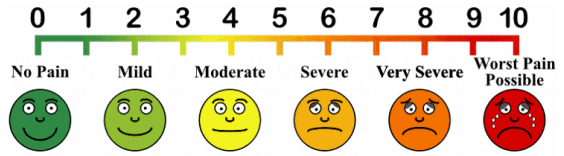
Current list of health concerns:

Priority 1: _____ Priority 3: _____

Priority 2: _____ Priority 4: _____

If experiencing pain today:

Circle Your Pain Level on Scale Below



Location: _____

Onset: _____

Duration: Constant Intermittent

Describe pain: Achy Burning Dull Throbbing Sharp Stabbing Moves Around

Decreases with: Movement Pressure Heat Cold Other: _____

Increases with: Movement Pressure Heat Cold Other: _____

Is pain:

Worse in the morning and decreases as the day goes on? Yes: No:

Better in the morning and increases as the day goes on? Yes: No:

Stays the same all day? Yes: No:

Varies throughout the day? Yes: No:

Any associated numbness and/or tingling? Yes: No:

Any diagnostic tests completed? X-rays CT Scan Ultrasound MRI

Any previous treatment for the pain?

Type: _____ When: _____ Did it help? _____

Type: _____ When: _____ Did it help? _____

List current medications along with dose, frequency and duration of use.

Medication	Dose	Frequency	Duration
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Name: _____ Date of Birth: _____

List current supplements along with dose, frequency and duration of use.

Supplement	Dose	Frequency	Duration
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Diet – What do you typically eat for:

Breakfast: _____

Lunch: _____

Dinner: _____

Snacks: _____

Are you on a special diet? Yes: No: Describe diet? _____

List food sensitivities or allergies: _____

Sensitivity or allergic reaction: _____

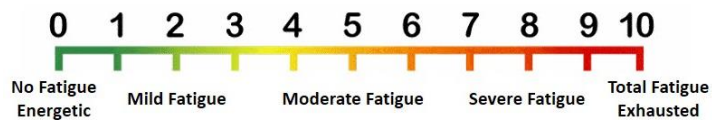
Sleep

Number of hours per night? _____ What time do you usually fall asleep? _____

Refreshed upon waking? Yes: No:

Energy Level

Circle Your Energy Level on Scale Below



Exercise

Do you exercise regularly? Yes: No:

Type of exercise: _____ Frequency: _____

Type of exercise: _____ Frequency: _____

Stress/Distress Level

Circle Your Stress Level on Scale Below



How do you manage stress? _____

Body Temperature

Do you tend to feel? Warm Normal Cold

Name: _____ Date of Birth: _____

Medical History**Surgeries** Location: _____ When: _____

Location: _____ When: _____

Use the back of this page if more room is needed: **Diagnosis of cancer** N/A: Type: _____ Stage: _____ Date: _____

Treatments received? Chemotherapy Radiation Surgery Other: _____

Still receiving treatments? Yes: No: Lymph nodes removed? Yes: No: **Heart condition**Do you have a pacemaker? Yes: No: Do you have any swelling in your: Legs? Yes: No: Feet? Yes: No: **Social History****Alcohol Consumption** How many? _____ Frequency: _____**Tobacco Use**Do you use tobacco? Cigarettes Cigars Smokeless Spitless Waterpipe Vape
How many/much? _____ Frequency: _____
Age when started? _____ If you quit, when? _____**Recreational Drug Use** What? _____ Frequency: _____
Age when started? _____ If you quit, when? _____**Acupuncture Experience**Have you previously received acupuncture? Yes: No:

If so, for what condition? _____

MiscellaneousHistory of unstable or undiagnosed seizures disorder or epilepsy? Yes: No: Allergy to metal such as stainless steel, nickel, copper, silver, or gold? Yes: No: History of hemophilia or other bleeding disorder? Yes: No: Are you currently taking blood thinners? Yes: No: Do you have a history of low blood pressure, slow heart rate, or fainting episodes? Yes: No: Do you have a history of falls or gait problems? Yes: No: Do you have a history of cellulitis, open sores that are not healing, or irregular moles? Yes: No:

Do you have areas in your body with reduced sensation or poor circulation? If yes, location: _____

Do you have any artificial joint replacements? If yes, location: _____

Are there any other issues or concerns that you would like to discuss? _____

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Men's Health

Date of most recent prostate check-up? _____ PSA results? _____

Please check the box next to all that apply:

- Back Pain, Testicular Pain, Groin Pain, BPH/Prostate, Premature Ejaculation, Dribbling, Incontinence, Delayed Stream, Retention of Urine, Decreased Force of Stream, Impotence, Decreased Libido, Increased Libido, Weak Erection (ED), Rectal Dysfunction

Are you and your spouse/partner currently trying to get pregnant? Yes: [] No: []

If you have been unable to conceive, have you had medical testing for this issue? Yes: [] No: []

If yes, what were the results: _____

Women's Health

Age at first menstrual period: _____ Age at menopause: _____ Number of days between periods: _____

Number of days of flow: _____ Color of flow: _____ Clots? Yes: [] No: []

What is your average flow: Light: [] Medium: [] Heavy: []

Have you been diagnosed with: [] Cysts [] Fibrocystic Breasts [] Fibroids [] Endometriosis [] PCOS

Please check box next to all that apply and circle as follows: Before (B), During (D) or After (A) menses.

PAIN: [] Aching B D A [] Burning B D A [] Cramping B D A [] Dull B D A [] Sharp B D A [] Stabbing B D A [] Intermittent B D A [] Constant B D A

[] Vaginal Dryness B D A [] Discharge: B D A & Color: [] Odor B D A [] Constipation B D A [] Diarrhea B D A [] Headache B D A [] Swollen Breasts B D A [] Bloating B D A [] Nausea B D A [] Night Sweats B D A [] Insomnia B D A [] Hot Flashes B D A [] Mood Swings B D A [] Decreased Appetite B D A [] Increased Appetite B D A [] Increased Libido B D A [] Decreased Libido B D A [] Cravings B D A

Only complete if the reason for your visit is related to fertility support

Are you currently pregnant? Yes: [] No: [] Due Date: _____

of Pregnancies: _____ # of Live Births: _____ How long have you been trying to conceive? _____

If you have been unable to conceive, have you had medical testing for this issue? Yes: [] No: []

If yes, what were the results: _____

Has your spouse/partner had medical testing for this issue? Yes: [] No: []

If yes, what were the results: _____