



Experience the Difference
www.allcarechiropractic.com

Laurel Historic Main Street
525 Main Street, Suite 105
Laurel, MD 20707
301-725-6884 Off
301-850-3333 Fax

Bowie Town Center Prof Office
4345 Northview Drive
Bowie, MD 20716
301-464-5656 Off
301-850-3333 Fax

Silver Spring/White Oak
11231 Lockwood Dr.
Silver Spring, MD 20901
301-289-7789 Off
301-850-3333 Fax

Form with fields: Last Name, First Name, MI, Address, City, State, Zip code, Cell Phone #, Home Phone #, Social Security #, Date of Birth, Age, Gender, Height, Weight, Marital Status, Children, Email Address.

Form with fields: Employer, Job Title, Work Address, City, State, Zip code, Work Phone #.

Emergency Contact Information:

Form with fields: Name, Relationship, Phone #, Address, City, State, Zip code.

Have you ever received chiropractic care? Do you currently take any vitamin supplements? Would you be interested in learning more about nutrition? Please tell us how you heard about our practice: Primary Dr:

INSURANCE INFORMATION

Form with fields: YOUR INSURANCE CO, POLICY #, POLICY HOLDER'S NAME, PH #, CLAIM ADDRESS.

I certify that I'm the patient or legal guardian listed above. I have read/understand the included information and certify it to be true and accurate to the best of my knowledge. I consent to the collection and use of the above information to AllCare.

Signature of Patient (Parent or Guardian for Minor/Specify Relationship) Date



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Name: First _____ Last _____ Date _____

Describe your current Complaint:

- Headache _____ Neck Pain _____ Upper Back Pain _____ Mid back Pain _____ Low back Pain _____
 Shoulder Pain _____ Numbness/Tingling _____ Arm/Leg Pain _____ Sciatica _____ Pinched Nerves _____

Other/Describe: _____

Is this? Work Related Auto Sports Injury Non-Injury Old Pain Returning Check-up

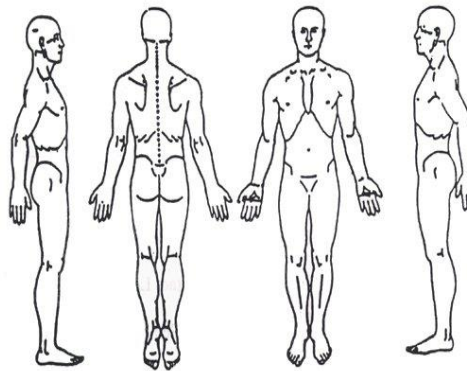
When Complaint Began (Date): ____/____/____ **How did Complaint Began:** _____

Prior history or treatment: _____

Please indicate **WHERE** you are experiencing pain or symptoms related to your complaint.

Use the letters to represent **WHAT** type of pain.

- A** = Aching
B = Burning Sensation
C = Cramping
D = Dull Throbbing
M = Muscle
N = Numbness
S = Sharp
T = Tingling



Pain Scale: 1-----2-----3-----4-----5-----6-----7-----8-----9-----10

(Please rate your pain level from 1-10, 10 being worse possible pain).

How often are your symptoms present? 0-25% 26-50% 51-75% 76-100%

Does it interfere with? Work Sleep Daily Routine Recreation Other _____

What makes it WORSE? Long Sitting Walking Bending Lifting Standing
 Lying down Standing from seated position Other _____

Have you ever had this complaint in the past? No Yes – **If so, when?** _____

What makes it BETTER? Rest Stretching Ice Heat Medications Massage

Since it started, is your symptom getting? Worse Better Same

Please check all of the following that apply to you:

- | | | | |
|--|---|--|---|
| <input type="checkbox"/> High Blood Pressure | <input type="checkbox"/> Varicose vein | <input type="checkbox"/> AM Pain/Stiffness | <input type="checkbox"/> Asthma |
| <input type="checkbox"/> Kidney Problems | <input type="checkbox"/> Gout | <input type="checkbox"/> Liver/Gallbladder | <input type="checkbox"/> Recent Fever |
| <input type="checkbox"/> Abnormal Weight Loss | <input type="checkbox"/> Tumors | <input type="checkbox"/> Eye/Vision Problems | <input type="checkbox"/> Corticosteroid use |
| <input type="checkbox"/> Ear/Hearing Problems | <input type="checkbox"/> Stomach Ulcer | <input type="checkbox"/> Heart Disease | <input type="checkbox"/> Taking Birth Control Pills |
| <input type="checkbox"/> Loss of Bladder Control | <input type="checkbox"/> Loss of Bowel Control | <input type="checkbox"/> Heart Attack | <input type="checkbox"/> Stroke/CVA |
| <input type="checkbox"/> Hepatitis | <input type="checkbox"/> Digestion Problems | <input type="checkbox"/> Pain Unrelieved Rest/Position | |
| <input type="checkbox"/> Thyroid Problems | <input type="checkbox"/> Prostate Problems | <input type="checkbox"/> Diabetes | <input type="checkbox"/> Carpel Tunnel Syndrome |
| <input type="checkbox"/> Tuberculosis | <input type="checkbox"/> High Cholesterol | <input type="checkbox"/> Loss of Memory | <input type="checkbox"/> Osteoporosis |
| <input type="checkbox"/> Pacemaker | <input type="checkbox"/> Gynecological Concerns | <input type="checkbox"/> COPD | <input type="checkbox"/> Epilepsy/Seizures |
| <input type="checkbox"/> Arthritis | <input type="checkbox"/> Depression | <input type="checkbox"/> Cancer _____ | <input type="checkbox"/> Hernia/Rupture |

Surgeries: Yes No _____

Medications: _____

FOR DOCTOR'S USE ONLY

Prev Provider Seen: Y N

Dx: X-Rays, MRI, CT?
 When? _____
 Where? _____

Family History:

- Cancer _____
 DM _____
 HTN _____
 Heart _____
 RA _____

PMH:
 Illness: _____

Prev Injuries: _____

Prev Tx: _____

Allergies: NKDA

Hospitalizations: _____

Personal Hx:
 Hobbies: _____

Exercise: _____

L R Handed
Health Habit:
 Smoke: N Y _____
 Drink: Soc Occ No

Vitals:
 Age: _____
 Hgt: _____ in
 Wgt: _____ lbs
 BP: _____
 Temp: _____
 Resp: _____
 Pulse: _____

Pregnant Yes No
BCP



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NECK DISABILITY INDEX

PLEASE READ: This questionnaire is designed to enable us to understand how much your neck pain has affected your ability to manage your everyday activities. Please answer each section by circling the **ONE CHOICE** that most applies to you. We realize that you may feel that more than one statement may relate to you, but **PLEASE JUST CIRCLE THE ONE CHOICE WHICH MOST CLOSELY DESCRIBES YOUR PROBLEM RIGHT NOW.**

<p>SECTION 1---Pain Intensity</p> <p>A I have no pain at the moment. B The pain is mild at the moment. C The pain comes and goes and is moderate. D The pain is moderate and does not vary much. E The pain is severe, but comes and goes. F The pain is worst imaginable at the moment.</p>	<p>SECTION 6---Headaches</p> <p>A I have no headaches at all B I have slight headaches which come infrequently. C I have moderate headaches which come infrequently. D I have moderate headaches which come frequently. E I have severe headaches which come frequently. F I have headaches almost all the time.</p>
<p>SECTION 2---Personal Care (Washing, Dressing, Etc.)</p> <p>A I can look after myself normally without causing extra pain. B I can look after myself normally, but it causes extra pain. C It is painful to look after myself but I am slow and careful. D I need some help, but manage most of my personal care. E I need help every day in most aspects of self-care. F I do not get dressed; I wash with difficulty and stay in bed</p>	<p>SECTION 7---Concentration</p> <p>A I can concentrate fully when I want to with no difficulty. B I can concentrate fully when I want to with slight difficulty. C I have a fair degree of difficulty in concentrating when I want to. D I have a lot of difficulty in concentrating when I want to. E I have a great deal of difficulty in concentrating when I want to. F I cannot concentrate at all.</p>
<p>SECTION 3---Lifting</p> <p>A I can lift heavy weights without extra pain. B I can lift heavy weights, but it causes extra pain. C Pain prevents me from lifting heavy weights off the floor, but I can manage if they are conveniently positioned, ie, on a table. D Pain prevents me from lifting heavy weights, but I can manage light to medium weights if they are conveniently positioned. E I can lift very light weights. F I cannot lift or carry anything at all.</p>	<p>SECTION 8---Work</p> <p>A I can do as much work as I want to. B I can only do my usual work, but no more. C I can do most of my usual work, but no more. D I cannot do my usual work. E I can hardly do any work at all. F I cannot do any work at all.</p>
<p>SECTION 4---Reading</p> <p>A I can read as much as I want to with no pain in my neck. B I can read as much as I want to with slight pain in my neck. C I can read as much as I want to with moderate pain in my neck. D I cannot read as much as I want because of moderate pain in my neck. E I cannot read as much as I want because of severe pain in my neck. F I cannot read at all.</p>	<p>SECTION 9---Driving</p> <p>A I can drive my car without any neck pain. B I can drive my car as long as I want with slight pain in my neck. C I can drive my car as long as I want with moderate pain in my neck. D I cannot drive my car as long as I want because of moderate pain in my neck. E I can hardly drive at all because of severe pain in my neck. F I cannot drive at all.</p>
<p>SECTION 5---Sleeping</p> <p>A I have no trouble sleeping. B My sleep is slightly disturbed (less than 1 hour sleepless). C My sleep is mildly disturbed (1-2 hours sleepless). D My sleep is moderately disturbed (2-3 hours sleepless). E My sleep is greatly disturbed (3-5 hours sleepless). F My sleep is completely disturbed (5-7 hours sleepless).</p>	<p>SECTION 10---Recreation</p> <p>A I am able to engage in all of my recreational activities with no neck pain at all. B I am able to engage in all of my recreational activities with some neck pain. C I am able to engage in most, but not all of my recreational activities because of pain in my neck. D I am able to engage in a few of my recreational activities because of my neck pain. E I can hardly do any recreational activities because of my neck pain. F I cannot do any recreational activities at all.</p>

Score:	Previous:	Current:
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REVISED OSWESTRY LOW BACK DISABILITY QUESTIONNAIRE

PLEASE READ: This questionnaire is designed to enable us to understand how much your low back pain has affected your ability to manage your everyday activities. Please answer each section by circling the **ONE CHOICE** that most applies to you. We realize that you may feel that more than one statement may relate to you, but **PLEASE JUST CIRCLE THE ONE CHOICE WHICH MOST CLOSELY DESCRIBES YOUR PROBLEM RIGHT NOW.**

<p>SECTION 1---Pain Intensity</p> <ul style="list-style-type: none"> A The pain comes and goes and is very mild B The pain is mild and does not vary much. C The pain comes and goes and is moderate. D The pain is moderate and does not vary much. E The pain comes and goes and is severe. F The pain is severe and does not vary much. 	<p>SECTION 6---Sitting</p> <ul style="list-style-type: none"> A I can sit in any chair as long as I like without pain. B I can only sit in my favorite chair as long as I like. C Pain prevents me from sitting more than one hour. D Pain prevents me from sitting more than ½ hour. E Pain prevents me from sitting more than ten minutes. F Pain prevents me from sitting at all.
<p>SECTION 2---Personal Care</p> <ul style="list-style-type: none"> A I would not have to change my way of washing or dressing in order to avoid pain. B I do not normally change my way of washing or dressing even though it causes some pain. C Washing and dressing increases the pain, but I manage not to change my way of doing it. D Washing and dressing increases the pain and I find it necessary to change my way of doing it. E Because of the pain, I am unable to do some washing and dressing without help. F Because of pain, I am unable to do any washing or dressing without help. 	<p>SECTION 7---Standing</p> <ul style="list-style-type: none"> A I can stand as long as I want without pain. B I have some pain while standing, but it does not increase with time. C I cannot stand for longer than one hour without increasing pain. D I cannot stand for longer than ½ hour without increasing pain. E I cannot stand for longer than ten minutes without increasing pain. F I avoid standing, because it increases the pain straight away.
<p>SECTION 3---Lifting</p> <ul style="list-style-type: none"> A I can lift heavy weights without extra pain. B I can lift heavy weights, but it causes extra pain. C Pain prevents me from lifting heavy weights off the floor. D Pain prevents me from lifting heavy weights off the floor, but I can manage if they are conveniently positioned, eg, on a table. E Pain prevents me from lifting heavy weights, but I can manage light to medium weights if they are conveniently positioned. F I can only lift very light weights, at the most. 	<p>SECTION 8---Sleeping</p> <ul style="list-style-type: none"> A I get no pain in bed. B I get pain in bed, but it does not prevent me from sleeping well. C Because of pain, my normal night's sleep is reduced by less than one-quarter. D Because of pain, my normal night's sleep is reduced by less than one-half. E Because of pain, my normal night's sleep is reduced by less than three-quarters. F Pain prevents me from sleeping at all.
<p>SECTION 4---Walking</p> <ul style="list-style-type: none"> A Pain does not prevent me from walking any distance. B Pain prevents me from walking more than one mile. C Pain prevents me from walking more than ½ mile. D Pain prevents me from walking more than ¼ mile. E I can only walk while using a cane or on crutches. F I am in bed most of the time and have to crawl to the toilet. 	<p>SECTION 9---Social Life</p> <ul style="list-style-type: none"> A My social life is normal and gives me no pain. B My social life is normal, but increases the degree of pain. C Pain has no significant effect on my social life apart from limiting my more energetic interests, eg, dancing etc. D Pain has restricted my social life and I do not go out very often. E Pain has restricted my social life to my house. F I have hardly any social life because of pain.
<p>SECTION 5---Traveling</p> <ul style="list-style-type: none"> A I get no pain while traveling. B I get some pain while traveling, but none of my usual forms of travel make it any worse. C I get extra pain while traveling, but it does not compel me to seek alternative forms of travel. D I get extra pain while traveling which compels me to seek alternative forms of travel. E Pain restricts all forms of travel. F Pain prevents all forms of travel except that done lying down. 	<p>SECTION 10---Changing Degree of Pain</p> <ul style="list-style-type: none"> A My pain is rapidly getting better. B My pain fluctuates, but overall is definitely getting better. C My pain seems to be getting better, but improvement is slow at present. D My pain is neither getting better nor worse. E My pain is gradually worsening. F My pain is rapidly worsening.

Score: Previous: Current:



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Financial Policy

The Doctor and staff of AllCare Chiropractic, LLC are very concerned about the cost of your healthcare and want to address some current issues related to the cost of chiropractic services in this office. It is a statement of our financial policy. Considerable care has been taken in setting our fees. We want to assure you that our charges accurately reflect the complexity of care rendered and the skill and expertise of your care. Our fees are comparable with the fees for similar services within the suburban Maryland area.

Please check off the box next to the areas that you have read and that apply to you at this time.

- Personal Pay**
 - Payment is due at the time of service. We will accept payment in the form of CASH, CHECK, VISA, or MASTERCARD.
 - Payment plans are available.
- Health Insurance**
 - We will bill your insurance company on your behalf.
 - If your insurance company requires a referral from your family doctor prior to being seen by a specialist, and one was not obtained, you will be billed by this office for services rendered.
 - **Your co-payment, coinsurance and/or is to be paid by you at the time of each service.**
 - Upon receipt of your statement, which shows the balance due by patient, PAYMENT IN FULL IS EXPECTED, unless you contact our office and make special payment arrangements. We are dedicated to working with you to assist you in keeping your account and credit in good standing. **A monthly service charge of 1.5% for an annum of 18% of the total balance will be added to the outstanding balances after 30 days.**
 - We will accept payment on your account in the form of CASH, CHECK VISA, or MASTERCARD. A returned CHECK will be charged a \$35.00 overdraft charge.
 - If you receive payment from your insurance company, that payment should be delivered to our office with the explanation of benefits report that accompanies the check.
 - Failure or refusal to pay the full amount of your balance with our office may result in your account being referred for collection purposes. **In this event, you will be responsible for all pre-judgment interest at 18% per annum, reasonable collection costs, court cost and related fees, and post-judgment interest at the legal rate.**
- Medicare Coverage**
 - We will bill Medicare for all services rendered. Medicare will cover 80% of spinal manipulation. Medicare does not cover exams, x-rays or physical therapy.
 - If you have secondary or supplemental insurance, they may or may not pay for services not covered by Medicare.
 - You are ultimately responsible for payments of all services rendered, deductible, and/or coinsurance.
- Workers' Compensation**
 - We will bill the workers' compensation carrier and await payment for those on-the job accidents that have been reported and have not been disputed or denied. If for any reason payment of your claim is deferred or denied we require payment by you within 30 days.
- Auto Accidents/Liability (Slip and Falls)**
 - We will bill the personal injury insurance of the vehicle you were in and your health insurance for payment of your bill. We will also bill the 3rd party if someone else was responsible for the accident and await payment of any amount not previously paid. We must have a signed lien by you and your legal counsel. Any PIP or health insurance payment will be applied directly to your account and will reduce the amount paid to us at time of settlement.

***Our Fees**—Some insurance companies reimburse based on arbitrary fee schedule and exclude various services as well. Our fees fall well within the usual and customary ranges reported by "Fee Facts" a national monitor of health care fees based on geographic location. It is not our policy to negotiate with your insurance company or pursue litigation to recover a fee, as the basic responsibility for payment is yours.

I have read, understand and agree to the above financial policies.

Patient/Responsible Party Signature _____ Date _____



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Informed Consent to Chiropractic Treatment

There are risks and possible risks associated with manual therapy techniques used by Doctors of Chiropractic. In particular you should note:

- a) While rare, some patients may experience short term aggravation of symptoms or muscle and ligament strains or sprains as a result of manual therapy techniques. Although uncommon, rib fractures have also been known to occur following certain manual therapy procedures;
- b) There are reported cases of stroke associated with visits to medical doctors and chiropractors. Research and scientific evidence do not establish a cause and effect relationship between chiropractic treatment and the occurrence of stroke. Recent studies suggest that patients may be consulting medical doctors and chiropractors when they are in the early stages of a stroke. In essence, there is a stroke already in progress. However, you are being informed of this reported association because a stroke may cause serious neurological impairment or even death. The possibility of such injuries occurring in association with upper cervical adjustment is extremely remote;
- c) There are rare reported cases of disc injuries identified following cervical and lumbar spinal adjustment, although no scientific evidence has demonstrated such injuries are caused, or may be caused by spinal adjustments or other chiropractic treatment;
- d) There are infrequent reported cases of burns or skin irritation in association with the use of some types of electrical therapy offered by some Doctors of Chiropractic.

I acknowledge that I have read this consent and I have discussed, or have been offered the opportunity to discuss, with my chiropractor the nature and purpose of chiropractic treatment in general, (including spinal adjustment), the treatment options and recommendations for my condition, and the contents of this Consent.

I consent to the chiropractic treatment recommended to me by my chiropractor including any recommended spinal adjustments.

I intend this consent to apply to all my present and future chiropractic care.

Dated this _____ day of _____, 20_____.

Patient Signature (Legal Guardian)

Signature of Witness

Name: _____
(Please print)

Name: _____
(Please print)



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ACKNOWLEDGEMENT OF PRIVACY PRACTICES

My signature confirms that I have been informed of my rights to privacy regarding my protected health information, under the Health Insurance Portability & Accountability Act of 1996 (HIPAA). I understand that this information can and will be used to:

- Provide and coordinate treatment among a number of health care providers who may be involved in that treatment directly and indirectly.
- Obtain payment from third-party payers for my health care services
- Conduct normal health care operations such as quality assessment and improvement activities

I have been informed of my provider's *Notice of Privacy Practices* containing a more complete description of the uses and disclosures of my protected health information. I have been given the right to review and receive a copy of such *Notice of Privacy Practices* and that I may contact this office at the address above to obtain a current copy of the *Notice of Privacy Practices*.

I understand that I may request in writing that you restrict how my private information is used or disclosed to carry out treatment, payment, or health care operations. I also understand that you are not required to agree to my requested restrictions, but if you do agree that you are bound to abide by such restrictions.

Patient Name (Print): _____ Date: _____

Signature: _____

Relationship to Patient: _____

Dependent family members also covered by this acknowledgement:

For Office use only:

We were unable to obtain the patients written acknowledgement of our *Notice of Privacy Practices* due to the following reason:

- The Patient refused to sign acknowledgement
- Communication barriers
- Emergency Situation
- Other



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NOTICE OF PRIVACY PRACTICES

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

The Health Insurance Portability & Accountability Act of 1996 (HIPPA) requires all health care records and other individually identifiable health information used or disclosed to us in any form, whether electronically, on paper, or orally, to be kept confidential.

Without specific written authorization, we are permitted to use and disclose your health care records for the purpose of treatment, payment and health care operations.

Treatment means providing, coordinating, or managing health care and related services by one or more health care providers.

Payment means such activities as obtaining reimbursement for services, confirming coverage, billing or collection activities, and utilization review.

Health Care Operations include the business aspects of running our practice. For example, the patient information may be used for training purposes, or quality assessment.

Unless you request otherwise, we may use or disclose health information to a family member, friend, personal representative, or other individual to the extent necessary to help with your health care or with payment for your health care.

You have certain rights in regards to your protected health information, which you may exercise by presenting a written request to our Privacy Officer at the practice address listed below:

The right to request restrictions on certain uses and disclosures of protected health information, including those related to disclosures to family members, other relatives, close personal friends, or any other person identified by you.

The right to request to receive confidential communications of protected health information from us by alternative means or at alternative locations.

The right to access, inspect, and copy your protected health information, with limited exceptions. A reasonable fee may be assessed.

The right to request an amendment to your protected health information. We may deny your request in certain situations.

The right to receive an accounting of disclosures of protected health information made outside of treatment, payment, or health care operations... or based on your previous authorization.

The right to obtain a paper copy of this notice from us upon request, even if you have agreed to receive the notice electronically.

We are required by law to maintain the privacy of your protected health information and to provide you with notice of our legal duties and privacy practices with respect to protected health information.

This notice is effective as of April 1, 2003, and we are required to abide by the terms of the Notice of Privacy Practices currently in effect. We reserve the right to change the terms of our Notice of Privacy Practices and to make the new notice provisions effective for all protected health information that we maintain.

You have that right to file a formal, written complaint with us at the address below, or with the department of Health & Human Services, Office of Civil Rights, in the event you feel your privacy rights have been violated.

For more information about our Privacy Practices, please contact:

Dr. Jonathan C. Nou
ALLCARE CHIROPRACTIC, LLC
525 Main Street, Suite 105
Laurel, MD 20707

301-725-6884

For more information about HIPAA or to file a complaint:

The U.S. Department of Health & Human Services Office of Civil Rights
200 Independence Avenue, SW
Washington, D.C. 20201

877-696-6775 (toll-free)