

	Excellent	Good	rair	roor
How would you describe your general state of health				
How motivated are you to improve your health? (Zero motivation	on to very mot	ivated)0 •	• • • •	• • •
What are your goals for today?	•	,		
Goal 1				
Goal 2				
Goal 3				
What expectations do you have from this visit?				
What long term expectations do you have from your ongoing ca	are at Wellness	Architect	ure NSI	
What expectations do you have of me as your doctor?				
What potential obstacles do you see in making changes in your to support your health?	lifestyle and fo	llowing di	rections ne	cessary

### New Patient Office Policy

Wellness Architecture Naturopathic Services Inc. (WANSI) is a cash office and payment is expected at time of service. Payment methods include check (preferable), Visa, Mastercard, or cash. If you have an insurance policy that will reimburse you for naturopathic medicine visits we will provide you with a superbill with appropriate diagnostic and billing codes that you can submit to the insurance company for reimbursement of your visit. We suggest that you make a copy of the superbill prior to submission because of consistent insurance clerical error. Our office will not interact with insurance companies on your behalf.

### Cancellation Policy

We have a 48 hour cancellation/reschedule policy. If you do not call our o"ces 48 hours prior to your scheduled appointment, you will be charged a 100% of the late cancellation/missed appointment fee.

We require a credit card number for our records to schedule your first appointment. Your credit card will not be charged unless you do not provide adequate cancellation notice and will be kept on file for missed appointments or appointments with inadequate cancellation notice.

By signing below, I agree that I have read and understood the policy. I guarantee payment of all charges

incurred as a patient of WANSI.			
Signed:	Date:		
Printed Name:	Date:		
Parent or Guardian (minor):	Date:		

### 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 (HIPPA).

#### 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

- 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 a 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 prevent the threat.
- 5. If you are a member of the 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.

### Your rights regarding your health information

- 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 member 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 WANSI 841 El Camino Real, Menlo Park, CA.

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 WANSI 841 El Camino Real, Menlo Park, CA.

Note: We must respond within 60 days. The Privacy Officer or the patient's doctor will usually do this. If the doctor believes the information is complete and accurate, the doctor 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 Dr. Samia McCully at WANSI. 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 out health information privacy policies, please contact Dr. Samia McCully at WANSI.

# ACKNOWLEDGMENT OF RECEIPT OF NOTICE OF PRIVACY PRACTICES

This document is to be signed by a person legally responsible for the patient's medical decisions relative to the treatment situation.

provided me with a copy of its Notice	wledge that Wellness Architecture Naturopathic Services Inc. has of Privacy Practices that describes how medical information about w I can access this information. I understand that if I have ques-  Dr. Samia McCully 650-233-7327
I also understand that I am entitled to tice of Privacy Practices in a material v	receive updates upon request if WANSI amends or changes its Novay.
Signature	Relationship to Patient, if signed by someone other than patient.
Date	
	MPLETED BY WELLNESS ARCHITECTURE SERVICES N WRITTEN ACKNOWLEDGMENT FROM PATIENT
I made a good faith effort to obtain a v from the above-named patient, but wa	written acknowledgment of receipt of the Notice of Privacy Practices s unable to because:
Patient declined to sign this W Other (specify):	
Name and title of employee	Date

### INFORMED CONSENT FOR TREATMENT

	Signature of Patient Representative or Guardian
Date	Signature of Patient
I understand that a record will be kept of the health se fidential and will not be released to others unless so d required by law. I understand that I may look at my m by paying the appropriate fee. I understand that my but no more than ten years after the date of my last visi	lirected by myself or my representative or unless it is nedical record at any time and can request a copy of it medical record will be kept for a minimum of three,
With this knowledge, I voluntarily consent to the above been given to me by Wild Women Wellness or any of it condition. I understand that I am free to withdraw my procedures at any time.	ts personnel regarding cure or improvement of my
Notice to Pregnant Women: All female patients must pregnant as some of the therapies used could present a	
Potential benefits: restoration of health and the body's symptoms of disease, assistance in injury and disease re	
Potential risks: allergic reactions to prescribed herbs a inconvenience of lifestyle changes, injury from injection	* *
I recognize the potential risks and benefits of these pro	ocedures as described below:
Common diagnostic procedures: e.g., venipuncture, r Minor office procedures: e.g., dressing a wound, ear c Medicinal use of nutrition: therapeutic nutrition, nutri injections. Botanical medicine: botanical substances may be pres creams, plasters, or suppositories. Homeopathic medicine: the use of highly dilute quant erals to gently stimulate the body's healing responses. Lifestyle counseling and hygiene: diet therapy, promot ercise, sleep, stress reduction and balancing of work ar Psychological Counseling	eleansing. itional supplementation, and intramuscular vitamin scribed as teas, alcoholic tinctures, capsules, tablets, tities of naturally occurring plants, animals and min- tion of wellness including recommendations for ex-
Wellness Architecture Naturopathic Services Inc. necessary to facilitate my diagnosis and treatment:	ze Dr. Samia McCully Natur-opathic doctor of to perform the following specific pro-cedures as
I haraby authori	70 Dr. Samia McCully Natur anathia doctor of

### Health History Questionnaire

Please take the time to fill out this questionnaire carefully. If you have any questions, ask for assistance. If you have concerns that are not listed, make note of them in the comments section. The completed form will greatly assist us in providing a thorough evaluation of your health.

# Confidential Patient Profile Name: \_\_\_\_\_\_ Age: \_\_\_\_\_ Date of Birth: \_\_\_\_\_\_ Sex: \_\_\_\_\_ Address: \_\_\_\_\_ City: \_\_\_\_ State: \_\_\_ Zip Code: \_\_\_\_ Phone: Home ( ) \_\_\_\_\_\_Work ( ) \_\_\_\_\_\_ Cell ( ) \_\_\_\_\_\_ E-mail: Occupation: How did you hear about us? \_\_\_\_\_ Emergency Contact: Relationship: Day Phone: ( ) Chief Complaint: In this section please list in order of importance your health concerns. 2. 6. 4.\_\_\_\_\_8.\_\_\_ Current Medication List: In this section please list all pharmaceutical medication(s) that you are currently taking along with dosage and frequency <u>I. 5. </u> <u>2.</u>\_\_\_\_\_6.\_\_\_ 3. 7. \_\_\_\_8.\_\_\_ Are you allergic to any medications? YES | NO | If "Yes", please list:\_\_\_\_ What happens when you have an allergic attack to medication? Have you ever been treated with antibiotics? YES NO How many times: Hospitalizations: Include reason, year and duration: Current Supplement List: In this section please include all homeopathics, herbs, vitamins, minerals you are currently taking with dosage. I. 5. 2. 6. 4. 8.

# Dr. Samia McCully

# Social History

Do you or have you used any of the following:	Never	Past	Daily	Weekly
Smoking				
Alcohol				
Recreational Drugs				
Coffee or black tea				
Energy drinks				
Pain Medication				
Laxative				
Diet Pills				
Soda/Sugary drinks				
Are you currently: Married Divorced Single Number of children and ages?  Have you traveled outside the US in the past year? Yes  With whom do you live? (including roommates, friends, partner Relationship Age	NoIf yes, where?			
What are the major stressors in your life?				
What to you do to relax/relieve stress?				
What interests/hobbies do you have?				
Describe your energy level on a scale of I-IO (IO high energy): Mo				
Describe your sleep pattern (e.g., restful, interrupted etc.):				
Nutrition				
How many meals do you generally eat per day?Do you s	•		-	-
How many servings of vegetables do you consume each day? (S				
Are you currently on a special diet? Foods you avoid? Please exp				
How would you describe your relationship with food? What me	ouvates you to eat or not?			
How often do you eat out? Who prepares m	eals at home?			

# Family History

Indicate if a close relative (parent, child, sibling, grandparent) has had any of the following & indicate which member:

	NO	YES	Member
Heart Disease			
High Blood Pressure			
Stroke			
Cancer			
Diabetes			
Asthma/allergies/hives			
Alzheimer's			
Depression/suicide			
Other mental illness			
Drug/Alcoholism			
Kidney Disease			
Multiple Sclerosis (MS) or Parkinson's			
Autoimmune condition			
Epilepsy			
Gastrointestinal Diseases			
Glaucoma			
HIV/AIDS			
Obesity			
Syphilis			
Tuberculosis			

# Dr. Samia McCully

# Review of Systems

Mental/Emotional	Currently	Past	Never	Neurological Cu	rrently	Past	Never
Depression				Loss of memory			
Mood swings				Easily stressed			
Anxiety/nervousness				Vertigo/dizziness			
Seasonal depression				Loss of balance			
Consider or attempted suicide				Skin/Hair/Nails			
Poor concentration				Rashes/Hives			
Memory problems				Brittle nails			
Schizophrenia				Eczema			
PTSD				Dry skin			
Bipolar				Moles/growths/warts			
Endocrine				Athletes foot			
Hypo/hyperthyroid				Itching			
Heat or cold intolerance				Color changes			
Hypoglycemia/Low blood sug	ar 🗌			Hair loss			
Diabetes				Head			
Increased thirst				Migraines			
Night sweats				Jaw problems/TMJ			
Increased hunger				Head injury			
Fatigue				Eyes			
Headaches				Spots in eyes			
Unusual weight gain/loss				Cataracts			
Overweight or Obesity				Impaired vision			
Neurological				Glaucoma			
Seizures				Near/Farsighted			
Paralysis				Blurriness/hallows			
Muscle weakness				Eye pain/strain			
Numbness or tingling				Tearing/dryness/redne	ess		

# Review of Systems

Ears	Currently Past	Never	Lungs	Currently	Past	Never
Difficulty hearing			Cough			
Ringing/buzzing			Phlegm			
Ear aches/pain			Spitting up blood			
Excess ear wax			Wheezing			
Frequent infections			Emphysema			
Nose	Currently Past	Never	Asthma			
Stuffiness			Bronchitis			
Nose bleeds			Pneumonia			
Hay fever/rhinitis			Tuberculosis			
Sinus problems			Shortness of breath	n 🗌		
Loss of smell			Shortness of breath	n at night		
Post nasal drip			Difficulty breathing	g $\square$		
Mouth/Throat	Currently Past	Never	Pain on breathing			
Frequent sore throat			Cardiovascular	Currently	Past	Never
Frequent sore throat Chronic sore throat			<b>Cardiovascular</b> Stroke	Currently	Past	Never
_				Currently	Past	Never
Chronic sore throat			Stroke	Currently	Past	Never
Chronic sore throat  Teeth grinding			Stroke Poor circulation	Currently	Past	Never
Chronic sore throat Teeth grinding Silver fillings			Stroke Poor circulation Heart disease		Past	Never
Chronic sore throat Teeth grinding Silver fillings Bleeding gums			Stroke Poor circulation Heart disease Angina		Past	Never
Chronic sore throat Teeth grinding Silver fillings Bleeding gums Hoarse voice			Stroke Poor circulation Heart disease Angina High/low blood pr		Past	Never
Chronic sore throat Teeth grinding Silver fillings Bleeding gums Hoarse voice Dental cavities			Stroke Poor circulation Heart disease Angina High/low blood pr Murmurs		Past	Never
Chronic sore throat Teeth grinding Silver fillings Bleeding gums Hoarse voice Dental cavities Root canals			Stroke Poor circulation Heart disease Angina High/low blood pr Murmurs Swollen ankles		Past	Never
Chronic sore throat Teeth grinding Silver fillings Bleeding gums Hoarse voice Dental cavities Root canals Loss of sense of taste			Stroke Poor circulation Heart disease Angina High/low blood pr Murmurs Swollen ankles Fainting	essure	Past	Never
Chronic sore throat Teeth grinding Silver fillings Bleeding gums Hoarse voice Dental cavities Root canals Loss of sense of taste Neck			Stroke Poor circulation Heart disease Angina High/low blood pr Murmurs Swollen ankles Fainting Varicose veins	essure	Past	Never
Chronic sore throat Teeth grinding Silver fillings Bleeding gums Hoarse voice Dental cavities Root canals Loss of sense of taste Neck Lumps			Stroke Poor circulation Heart disease Angina High/low blood pr Murmurs Swollen ankles Fainting Varicose veins Palpitations/flutter	essure	Past	Never

# Dr. Samia McCully

# Review of Systems

Gastrointestinal	Currentl	y Past	Never	Currently Past Never
Heartburn				Gout
Change in Appetite				Muscle Spasm/weakness
Blood/Mucous in Stool				
Belching/Flatulance				Peripheral Vascular
Nausea/vomiting				Cold hands & feet
Constipation				Anemia
Ulcers				Deep leg pain
Loose stools/Diarrhea				Thrombophlebitis
Jaundice (yellow skin)				Easy bleeding/bruising
Liver or gallbladder disease				Female Currently Past Never
Black stool				PCOS
Hemorrhoids				Ovarian Cysts
Abdominal pain or cramps				STI
Trouble swallowing				Fibroids
Travelers Diarrhea/Parasites				Length of Cycle Length of Menses
Urinary	Currently	Past	Never	Age of First Menses:
Pain on urinations				Cycles are Regular YES NO
Increased frequency				HIV Positive YES NO
Inability to hold urine				Breakthrough Bleeding YES NO
Kidney stones				Acne YES NO
Frequent infections				Menstrual Cramps YES NO
Urgency				Breast Tenderness YES NO
Urination at night				Mood Changes YES NO
Musculoskeletal	Currently	Past	Never	Bloating YES NO
Joint pain/stiffness				Sexual orientation:
Arthritis				Date of last PAP & physical exam:
Broken bones				# Children: # Pregnancies:
Sciatica				# Miscarriages: # Abortions: