## Dr. Samia McCully, ND

			Excel	lent	Good	Fair	Poor
Нфw would you describe	your general state	of health:					
How motivated are you to	o improve your he	ealth? 1234.	567.	89	10		
What obstacles do you se	e in the way of acl	nieving/maintaing o	excellent hea	alth? (C	Circle all	that appl	y)
Time	Motivation	Compliance	Cost	Not	hing		
What is the most importa	nt element for you	ı in your healthcare	? Circle only	y ONI	E of the fo	our answe	ers:
E	FFECTIVENES:	S: "My results are n	ny top priori	ity."			
	TIME:	"I want results quic	kly."				
	<b>SERVICE:</b> "I no	eed extra support al	ong the way	·."			
	<b>AFFORDABILI</b> T	<b>ΓY:</b> "I need this to b	oe affordable	e."			
What is your long term h	ealth and wellness	s vision for yourself?	•				
		•					
minimum/I am preventa	tive - my health a	nd wellness is a top	priority for 1	me)			
What expectations do you	have from this vis	sit?					
What long term expectation	ions do you have f	rom your ongoing c	are at Welln	iess Ar	chitectur	e NSI	
What expectations do you	ı have of me as yo	our doctor?					

#### 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), American Express, Visa, Mastercard, Discover, check or cash. If you have an insurance policy that will reimburse you for naturopathic medicine visits we will provide you with a super-bill with appropriate diagnostic and billing codes that you can submit to the insurance company for reim-bursement 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 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

I,	. Samia McCully Naturopathic doctor of rform the following specific procedures as
Common diagnostic procedures: e.g., venipuncture, radiograminor office procedures: e.g., dressing a wound, ear cleansin Medicinal use of nutrition: therapeutic nutrition, nutritional sinjections.	g.
Body Wraps (Including exfoliator, niacin based wrap cream) REDRED360 (Red light and near infrared), Grounding, Sel Perfectio+.	
Botanical medicine: botanical substances may be prescribed	as teas, alcoholic tinctures, capsules, tablets,
creams, plasters, or suppositories.  Homeopathic medicine: the use of highly dilute quantities of erals to gently stimulate the body's healing responses.  Lifestyle counseling and hygiene: diet therapy, promotion of ercise, sleep, stress reduction and balancing of work and social	wellness including recommendations for ex-
Psychological Counseling.	
I recognize the potential risks and benefits of these procedure	es as described below:
Potential risks: allergic reactions to prescribed herbs and supmedications, inconvenience of lifestyle changes, injury from in	<b>*</b>
Potential benefits: restoration of health and the body's maxin symptoms of disease, assistance in injury and disease recovery	* * ·
Notice to Pregnant Women: All female patients must alert the pregnant as some of the therapies used could present a risk to	· · · · · · · · · · · · · · · · · · ·
With this knowledge, I voluntarily consent to the above procedures to me by Wellness Architecture or any of its personnel recondition. I understand that I am free to withdraw my conse procedures at any time.	regarding cure or improvement of my
I understand that a record will be kept of the health services fidential and will not be released to others unless so directed required by law. I understand that I may look at my medical by paying the appropriate fee. I understand that my medical but no more than seven years after the date of my last visit.	I by myself or my representative or unless it is record at any time and can request a copy of it
Date	Signature of Patient
Date	Signature of Dationt Donuscontative on Counties
	Signature of Patient Representative or Guardian

## 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	he following:		Never	Past	Daily	Weekly
Smoking						
Alcohol						
Recreational Drugs						
Coffee or black tea						
Energy drinks						
Pain Medication						
Laxative						
Diet Pills						
Soda/Sugary drinks						
Have you traveled outside the US in the pa With whom do you live? (including roomm Relationship	-	-			Age	-
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 relative to the scale of relative to					Evening	r:
Describe your sleep pattern (e.g., restful, int						
Nutrition						
List a typical day of your eating patterns	s with foods/tim	ies.				
Breakfast (Time:)						
Lunch (Time:) :						
Dinner (Time:):						
Snacks (Times:/)						
Liquids:						
I avoid/am sensitive to:					<del>-</del>	
How often do you eat out?	Who prepare	s meals at home?				

## Check ALL areas of treatment that interest you:

□ Weight Loss	□ Cleansing and Detoxification	□ General Wellness	□ Body Wraps
□ More Energy	□ Stress Reduction	□ Other	

## Check the following conditions you would like help with or more information on:

□ Cleansing	□ Cellulite	□ Fitness	☐ Hormone Balance for Men
☐ Hormone Balance for Women	☐ Immune Boosting	□ Insomnia	□ Memory & Mood
□ Neuropathy	□ Pain Relief	☐ Quitting Smoking	□ Skincare
□ Stress Relief	□ Thyroid	□ Weight Loss	□ Wellness

Review of Systems							
Male Currently	Past	Never	Female	Currently Past Never			
Testicular pain			PCOS				
Testicular swelling			Ovarian Cysts				
Trouble start/stop urine			STI				
STI			Fibroids				
Premature ejaculation			Length of Cycle _	Length of Menses			
Erectile difficulties			Age of First Mens	es:			
Are you sexually active			Cycles are Regula	r YES NO			
<b>V</b> force or flow or urine □			HIV Positive	YES NO			
Discharge or sores			Breakthrough Ble	eding YES  NO  NO  NO  NO  NO  NO  NO  NO  NO  N			
HIV Positive YES	$\frac{1}{2}$ NO		Acne	YES L NO L			
		Date of:	Menstrual Cra	mps YES NO			
Do get regular: No Yes	Last	Date or:	Breast Tenderness	YES NO			
Prostate Exams			Mood Changes	YES NO			
Physical Exams			Bloating	YES NO			
PSA L			Sexual orientation	:			
Sexual orientation:				x physical exam:			
				• ,			
				# Pregnancies:			
			# Miscarriages: _	# Abortions:			

## Dr. Samia McCully

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		

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

Gastrointestinal	Current	ly Past	Never	Currently	Past Ne	ver
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						
Black stool						
Hemorrhoids						
Abdominal pain or cramps						
Trouble swallowing						
Travelers Diarrhea/Parasites						
Urinary	Currently	Past	Never			
Pain on urinations						
Increased frequency						
Inability to hold urine						
Kidney stones						
Frequent infections						
Urgency						
Urination at night						
Musculoskeletal	Currently	Past	Never			
Joint pain/stiffness						
Arthritis						
Broken bones Sciatica						