UPDATED CONTACT INFORMATION

Please fill in your name and other demographic information that may need to be changed or updated in our files.

Whalen Chiropractic Clinic, PC
Dr. Mary A. Whalen
Fort Collins, Colorado
Ph: 970-493-7340
Fax: 970-416-1746
mary@maryawhalendc.com
www.maryawhalendc.com

Today's Date (MM/DD/YYYY) _____

Patient Number (office use only) _____

Age _____

Gender
○ Male ○ Female

Race
○ American Indian ○ Alaskan Native ○ Asian ○ Black or African American
○ Native Hawaiian ○ Other Pacific Islander ○ Other ○ White
○ Decline to answer

Ethnicity
○ Hispanic or Latino
○ Not Hispanic or Latino
○ Decline to specify

Birth Date (MM/DD/YYYY) _____

Your Last Name _____ [redacted]

Your First Name _____ Your Middle Name (or Initial) _____

Smoking Status (age 13 and over)
○ Never A Smoker ○ Former Smoker
○ Current Every Day Smoker ○ Current Some Day Smoker
○ Heavy Smoker ○ Light Smoker

Address _____

Marital Status ○ Married ○ Single ○ Divorced ○ Widowed ○ Separated

City _____ State/Province _____ ZIP/Postal Code _____ Preferred Language _____

Home Phone _____ Cell Phone _____ Spouse's Name _____

Email Address _____ Child's Name and Age _____

Emergency Contact _____ Emergency Contact's Phone _____ Child's Name and Age _____

Your Occupation _____ Child's Name and Age _____

Your Employer _____ Work Phone _____

Address _____

May we contact you at work?
○ Yes ○ No

City _____ State/Province _____ ZIP/Postal Code _____

Preferred method of contact?
○ Home Phone ○ Cell Phone
○ Work Phone ○ Email

Primary Care Provider's Name _____

Insurance Carrier _____ Policy Number _____

Insured's Last Name _____ Birth Date (MM/DD/YYYY) _____

Who carries this policy?
○ Self ○ Spouse ○ Parent

Insured's First Name _____ Insured's Middle Name (or Initial) _____

Insured's Employer _____

Address _____

City _____ State/Province _____ ZIP/Postal Code _____ Employer's Phone _____

I certify that any changes to my personal information have been updated above for your records. _____
Signature

UPDATED CONTACT INFORMATION

UPDATED PATIENT HISTORY

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○ **I have new contact information**

Today's Date (MM/DD/YYYY) _____

Patient Number (office use only) _____

Your Last Name _____ **Your First Name** _____ **Your Middle Name (or Initial)** _____

Please select one:

○ **Progress evaluation** – I've been under active care and this is a periodic reevaluation. ○ **New condition** – I've been under care and a new or returning condition has emerged.

○ **Maintenance patient** – I'm under maintenance care with a new or returning health issue. ○ **Returning patient** – After a period of inactivity, I've had a relapse or an all-new health issue.

Please describe your Primary Complaint in the space below. Use the Secondary and Additional Complaint boxes if they apply.

Primary Complaint
The primary symptom that prompted me to seek care today is: _____

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

Onset (When did you first notice your current symptoms?) _____

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

Secondary Complaint
The secondary symptom that prompted me to seek care today is: _____

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

Onset (When did you first notice your current symptoms?) _____

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

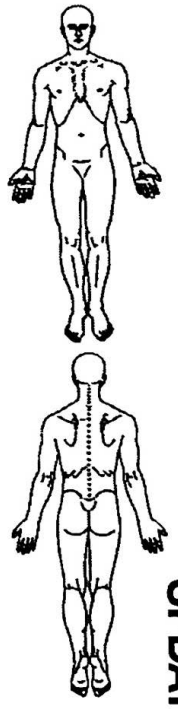
Additional Complaint
The additional symptom that prompted me to seek care today is: _____

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

Onset (When did you first notice your current symptoms?) _____

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

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



1. Review of systems (Identify any changes since your most recent evaluation with us):

	Worse	No Change	Improved
a. Musculoskeletal System – Such as osteoporosis, arthritis, neck pain, back problems, poor posture, etc.	○	○	○
b. Neurological System – Such as anxiety, depression, headache, dizziness, pins and needles, numbness, etc.	○	○	○
c. Cardiovascular System – Such as high blood pressure, low blood pressure, high cholesterol, angina, etc.	○	○	○
d. Respiratory System – Such as asthma, apnea, emphysema, hay fever, shortness of breath, pneumonia, etc.	○	○	○
e. Digestive System – Such as anorexia/bulimia, ulcer, food sensitivities, heartburn, constipation, diarrhea, etc.	○	○	○
f. Sensory System – Such as blurred vision, ringing in ears, hearing loss, chronic ear infection, etc.	○	○	○
g. Skin System – Such as skin cancer, psoriasis, eczema, acne, hair loss, rash, etc.	○	○	○
h. Endocrine System– Such as thyroid issues, immune disorders, hypoglycemia, frequent infection, etc.	○	○	○
i. Genitourinary System – Such as kidney stones, infertility, bedwetting, prostate issues, PMS symptoms, etc.	○	○	○
j. Constitutional System – Such as fainting, low libido, poor appetite, fatigue, sudden weight, weakness, etc.	○	○	○

UPDATED PATIENT HISTORY

Doctor's Initials _____

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2. Illnesses, operations, injuries or treatments since your most recent evaluation with us: _____

_____

_____

3. Medications (please list all prescription and over-the-counter): _____

_____

_____

4. Social History (Tell Dr. Whalen about your health habits and stress levels.)

Alcohol use	○ Daily	○ Weekly	How much? _____	Prayer or meditation?	○ Yes	○ No
Coffee use	○ Daily	○ Weekly	How much? _____	Job pressure/stress?	○ Yes	○ No
Tobacco use	○ Daily	○ Weekly	How much? _____	Financial peace?	○ Yes	○ No
Exercising	○ Daily	○ Weekly	How much? _____	Vaccinated?	○ Yes	○ No
Pain relievers	○ Daily	○ Weekly	How much? _____	Mercury fillings?	○ Yes	○ No
Soft drinks	○ Daily	○ Weekly	How much? _____	Recreational drugs?	○ Yes	○ No
Water intake	○ Daily	○ Weekly	How much? _____			

Hobbies: _____

5. 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	○	○	○	○
Rising out of chair	○	○	○	○
Standing	○	○	○	○
Walking	○	○	○	○
Lying down	○	○	○	○
Bending over	○	○	○	○
Climbing stairs	○	○	○	○
Using a computer	○	○	○	○
Getting in/out of car	○	○	○	○
Driving a car	○	○	○	○
Looking over shoulder	○	○	○	○
Caring for family	○	○	○	○

	No Effect	Mild Effect	Moderate Effect	Severe Effect
Grocery shopping	○	○	○	○
Household chores	○	○	○	○
Lifting objects	○	○	○	○
Reaching overhead	○	○	○	○
Showering or bathing	○	○	○	○
Dressing myself	○	○	○	○
Love life	○	○	○	○
Getting to sleep	○	○	○	○
Staying asleep	○	○	○	○
Concentrating	○	○	○	○
Exercising	○	○	○	○
Yard work	○	○	○	○

6. Is there anything else Dr. Whalen should know about your current condition, your progress or ways your current condition is affecting your life?

_____

_____
Patient (or Guardian's) signature

_____
Date (MM/DD/YYYY)

_____
Patient name

_____
Patient Number
(office use only)

Consultation Notes

Doctor's Initials