

# CONFIDENTIAL HEALTH INFORMATION

Please allow our staff to photocopy your driver's license and insurance details.  
 All information you supply is confidential. We comply with all federal privacy standards.  
 Please print clearly.

<b>Today's Date (MM/DD/YYYY)</b>		<b>Have you consulted a chiropractor before?</b>		<b>Patient Number</b> (office use only)	
		<input type="radio"/> No <input type="radio"/> Yes			
<b>Whom may we thank for referring you?</b>		<b>When?</b>		<b>If so, whom?</b>	
<b>Age</b>	<b>Gender</b> <input type="radio"/> Male <input type="radio"/> Female	<b>Race</b>	<b>Ethnicity</b>		
		<input type="radio"/> American Indian <input type="radio"/> Alaskan Native <input type="radio"/> Asian <input type="radio"/> Black or African American <input type="radio"/> Hispanic or Latino <input type="radio"/> Native Hawaiian <input type="radio"/> Other Pacific Islander <input type="radio"/> Other <input type="radio"/> White <input type="radio"/> Not Hispanic or Latino <input type="radio"/> Decline to answer <input type="radio"/> Decline to specify			
<b>Birth Date (MM/DD/YYYY)</b>					
<b>Your Last Name</b>		<b>Your Social Security Number</b>		<b>Smoking Status (age 13 and over)</b>	
				<input type="radio"/> Never A Smoker <input type="radio"/> Former Smoker <input type="radio"/> Current Every Day Smoker <input type="radio"/> Current Some Day Smoker <input type="radio"/> Heavy Smoker <input type="radio"/> Light Smoker	
<b>Your First Name</b>		<b>Your Middle Name (or Initial)</b>			
<b>Address</b>		<b>Marital Status</b>			
		<input type="radio"/> Married <input type="radio"/> Single <input type="radio"/> Divorced <input type="radio"/> Widowed <input type="radio"/> Separated			
<b>City</b>	<b>State/Province</b>	<b>ZIP/Postal Code</b>	<b>Preferred Language</b>		
<b>Home Phone</b>	<b>Cell Phone</b>	<b>Spouse's Name</b>			
<b>Email Address</b>		<b>Child's Name and Age</b>			
<b>Emergency Contact</b>	<b>Emergency Contact's Phone</b>	<b>Child's Name and Age</b>			
<b>Your Occupation</b>		<b>Child's Name and Age</b>			
<b>Your Employer</b>		<b>Work Phone</b>			
<b>Address</b>		<b>May we contact you at work?</b>			
		<input type="radio"/> Yes <input type="radio"/> No			
<b>City</b>	<b>State/Province</b>	<b>ZIP/Postal Code</b>	<b>Preferred method of contact?</b>		
				<input type="radio"/> Home Phone <input type="radio"/> Cell Phone <input type="radio"/> Work Phone <input type="radio"/> Email	
<b>Primary Care Provider's Name</b>					
<b>Insurance Carrier</b>		<b>Policy Number</b>			
<b>Insured's Last Name</b>		<b>Birth Date (MM/DD/YYYY)</b>		<b>Who carries this policy?</b>	
				<input type="radio"/> Self <input type="radio"/> Spouse <input type="radio"/> Parent	
<b>Insured's First Name</b>	<b>Insured's Middle Name (or Initial)</b>				
<b>Insured's Employer</b>					
<b>Address</b>					
<b>City</b>	<b>State/Province</b>	<b>ZIP/Postal Code</b>	<b>Employer's Phone</b>		

**CONFIDENTIAL HEALTH INFORMATION**

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 \_\_\_\_\_

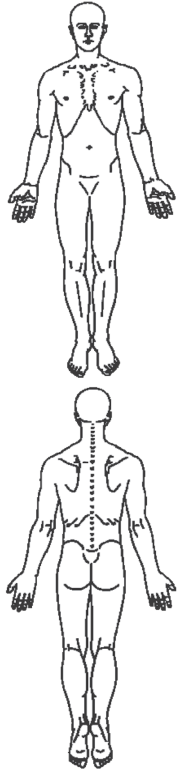
- A worsening long-term problem
- An interest in:  Wellness  Other \_\_\_\_\_

**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. What else should Dr. Meininger know about your current condition? \_\_\_\_\_

2. How does your current condition interfere with your:

Work or career: \_\_\_\_\_

Recreational activities: \_\_\_\_\_

Household responsibilities: \_\_\_\_\_

Personal relationships: \_\_\_\_\_

3. Review of Systems

Chiropractic care focuses on the integrity of your nervous system, which controls and regulates your entire body. Please darken the circle beside any condition that you've Had or currently Have and initial to the right.

a. Musculoskeletal

- |   |  |  |  |  |  |                            |
|---|--|--|--|--|--|----------------------------|
| Had <input type="radio"/> Have <input type="radio"/> Osteoporosis | Had <input type="radio"/> Have <input type="radio"/> Arthritis | Had <input type="radio"/> Have <input type="radio"/> Scoliosis | Had <input type="radio"/> Have <input type="radio"/> Neck pain | Had <input type="radio"/> Have <input type="radio"/> Back problems | Had <input type="radio"/> Have <input type="radio"/> Hip disorders | NONE <input type="radio"/> |
| <input type="radio"/> Knee injuries                               | <input type="radio"/> Foot/ankle pain                          | <input type="radio"/> Shoulder problems                        | <input type="radio"/> Elbow/wrist pain                         | <input type="radio"/> TMJ issues                                   | <input type="radio"/> Poor posture                                 | Initials _____             |

b. Neurological

- |  |   |   |  |   |   |                            |
|--|---|---|--|---|---|----------------------------|
| Had <input type="radio"/> Have <input type="radio"/> Anxiety | Had <input type="radio"/> Have <input type="radio"/> Depression | Had <input type="radio"/> Have <input type="radio"/> Headache | Had <input type="radio"/> Have <input type="radio"/> Dizziness | Had <input type="radio"/> Have <input type="radio"/> Pins and needles | Had <input type="radio"/> Have <input type="radio"/> Numbness | NONE <input type="radio"/> |
|  |   |   |  |   |   | Initials _____             |

c. Cardiovascular

- |  |   |   |   |   |   |                            |
|--|---|---|---|---|---|----------------------------|
| Had <input type="radio"/> Have <input type="radio"/> High blood pressure | Had <input type="radio"/> Have <input type="radio"/> Low blood pressure | Had <input type="radio"/> Have <input type="radio"/> High cholesterol | Had <input type="radio"/> Have <input type="radio"/> Poor circulation | Had <input type="radio"/> Have <input type="radio"/> Angina | Had <input type="radio"/> Have <input type="radio"/> Excessive bruising | NONE <input type="radio"/> |
|  |   |   |   |   |   | Initials _____             |

d. Respiratory

- |   |  |  |  |  |  |                            |
|---|--|--|--|--|--|----------------------------|
| Had <input type="radio"/> Have <input type="radio"/> Asthma | Had <input type="radio"/> Have <input type="radio"/> Apnea | Had <input type="radio"/> Have <input type="radio"/> Emphysema | Had <input type="radio"/> Have <input type="radio"/> Hay fever | Had <input type="radio"/> Have <input type="radio"/> Shortness of breath | Had <input type="radio"/> Have <input type="radio"/> Pneumonia | NONE <input type="radio"/> |
|   |  |  |  |  |  | Initials _____             |

e. Digestive

- |   |  |   |  |   |   |                            |
|---|--|---|--|---|---|----------------------------|
| Had <input type="radio"/> Have <input type="radio"/> Anorexia/bulimia | Had <input type="radio"/> Have <input type="radio"/> Ulcer | Had <input type="radio"/> Have <input type="radio"/> Food sensitivities | Had <input type="radio"/> Have <input type="radio"/> Heartburn | Had <input type="radio"/> Have <input type="radio"/> Constipation | Had <input type="radio"/> Have <input type="radio"/> Diarrhea | NONE <input type="radio"/> |
|   |  |   |  |   |   | Initials _____             |

f. Sensory

- |   |  |   |  |  |  |                            |
|---|--|---|--|--|--|----------------------------|
| Had <input type="radio"/> Have <input type="radio"/> Blurred vision | Had <input type="radio"/> Have <input type="radio"/> Ringing in ears | Had <input type="radio"/> Have <input type="radio"/> Hearing loss | Had <input type="radio"/> Have <input type="radio"/> Chronic ear infection | Had <input type="radio"/> Have <input type="radio"/> Loss of smell | Had <input type="radio"/> Have <input type="radio"/> Loss of taste | NONE <input type="radio"/> |
|   |  |   |  |  |  | Initials _____             |

g. Skin

- |  |  |   |   |  |   |                            |
|--|--|---|---|--|---|----------------------------|
| Had <input type="radio"/> Have <input type="radio"/> Skin cancer | Had <input type="radio"/> Have <input type="radio"/> Psoriasis | Had <input type="radio"/> Have <input type="radio"/> Eczema | Had <input type="radio"/> Have <input type="radio"/> Acne | Had <input type="radio"/> Have <input type="radio"/> Hair loss | Had <input type="radio"/> Have <input type="radio"/> Rash | NONE <input type="radio"/> |
|  |  |   |   |  |   | Initials _____             |

\_\_\_\_\_  
**Patient name**

\_\_\_\_\_  
**Patient Number**  
(office use only)

\_\_\_\_\_  
**Doctor's Initials**

**MEININGER**clinic  
MARK J. MEININGER, BS, DC, CME, CCSP®  
Physical Case Management, Sports Injury and Spinal Care  
National Registry of Certified Medical Examiners



**12. 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	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Rising out of chair	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Standing	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Walking	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Lying down	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Bending over	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Climbing stairs	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Using a computer	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Getting in/out of car	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Driving a car	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Looking over shoulder	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Caring for family	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

	No Effect	Mild Effect	Moderate Effect	Severe Effect
Grocery shopping	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Household chores	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Lifting objects	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Reaching overhead	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Showering or bathing	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Dressing myself	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Love life	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Getting to sleep	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Staying asleep	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Concentrating	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Exercising	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Yard work	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Patient name \_\_\_\_\_

Patient Number  
(office use only)

13. What is the major stressor in your life? \_\_\_\_\_ 14. How much sleep do you average per night? \_\_\_\_\_ Hours

15. What is the type and approximate age of your mattress and pillow? \_\_\_\_\_ 16. What is your preferred sleeping position? \_\_\_\_\_

17. Describe your typical eating habits:  Skip breakfast  Two meals a day  Three meals a day  Snacking between meals

18. What would be the most significant thing that you could do to improve your health? \_\_\_\_\_

19. In addition to the main reason for your visit today, what additional health goals do you have? \_\_\_\_\_

**Acknowledgements**

To set clear expectations, improve communications and help you get the best results in the shortest amount of time, please read each statement and initial your agreement.

Initials \_\_\_\_\_ **I instruct the chiropractor to deliver the care that, in his or her professional judgement, can best help me in the restoration of my health. I also understand that the chiropractic care offered in this practice is based on the best available evidence and designed to reduce or correct vertebral subluxation. Chiropractic is a separate and distinct healing art from medicine and does not proclaim to cure any named disease or entity.**

Initials \_\_\_\_\_ **I may request a copy of the Privacy Policy and understand it describes how my personal health information is protected and released on my behalf for seeking reimbursement from any involved third parties.**

Initials \_\_\_\_\_ **I realize that an X-ray examination may be hazardous to an unborn child and I certify that to the best of my knowledge I am not pregnant. Date of last menstrual period (MM/DD/YYYY): \_\_\_\_\_**

Initials \_\_\_\_\_ **I grant permission to be called to confirm or reschedule an appointment and to be sent occasional cards, letters, emails or health information to me as an extension of my care in this office.**

Initials \_\_\_\_\_ **I acknowledge that any insurance I may have is an agreement between the carrier and me and that I am responsible for the payment of any covered or non-covered services I receive.**

Initials \_\_\_\_\_ **To the best of my ability, the information I have supplied is complete and truthful. I have not misrepresented the presence, severity or cause of my health concern.**

Consultation Notes

Doctor's Initials \_\_\_\_\_

**MEININGER**clinic  
MARK J. MEININGER, BS, DC, CME, CCSP®  
*Whiplash Case Management, Sports Injury and Spinal Care*  
*National Registry of Certified Medical Examiners*

\_\_\_\_\_  
Patient (or Guardian's) signature

\_\_\_\_\_  
Date (MM/DD/YYYY)