



**Gateway Natural Medicine
& Diagnostic Center**

1211 Lake Ave, Berthoud, CO 80513 -P: 970-532-2755 F:970-532-9838

The following information provided is confidential and is for medical purposes only. It is important you fill it out to the best of your ability. Even if the question seems not to apply to your current condition please fill this form out completely as many things can be connected and will help us better serve you.

Name: _____ **Today's Date:** _____ (mm/dd/yr)

DOB: _____ (mm/dd/yr) **Current age:** _____ **Height:** _____ **Weight:** _____ **Gender:** ☐ male ☐ female

Address: _____ **City:** _____ **State:** _____ **Zip Code:** _____

Home Phone: _____ Permission to leave a 'medical' message? ☐ Yes ☐ No

Cell Phone: _____ Permission to leave a 'medical' message? ☐ Yes ☐ No

Email for medical/healthcare correspondence: _____

Occupation: _____ **Employer:** _____

Emergency Contact Name: _____ **Phone #:** _____

Please Describe your current problem/complaint that brought you to our office: List them in order of importance. For example #1 is most important, and #5 is least important. *(if your complaint is of pain please also use the diagram on the following page)*

1. _____
2. _____
3. _____
4. _____
5. _____

How long have you had the above condition/s? _____ Is it getting worse? ☐ yes, ☐ no

Does it effect your (check appropriate box): ☐ work, ☐ sleep, ☐ other: _____

Initial cause of complaint: _____

Major goals for your first visit: Let us know what you would like to accomplish on your first visit.

1. _____
2. _____
3. _____
4. _____

Have you been treated for this condition in the past/present? ☐ yes, ☐ no;

If YES, by whom? _____

Have you been diagnosed for this condition? ☐ yes, ☐ no; Diagnosis: _____

Is there anything else the Doctor should know about *you* or your *condition*? _____

Medical History

Have you ever been hospitalized ☐ **yes**, ☐ **no**; (w/ dates): _____

Have you had any surgeries ☐ **yes**, ☐ **no**; (w/ dates): _____

Have you ever had a dental infection, root canal, fillings, etc?: ☐ **yes**, ☐ **no** _____

Have you ever been bitten by a *tick or spider* that you know of? ☐ **yes**, ☐ **no** If yes, did you have a reaction such as a rash, fever, joint pain, etc. ☐ **yes**, ☐ **no** _____

... ever have mono or Epstein-barr virus? ☐ **yes**, ☐ **no**

... ever had any chronic infections? ☐ **yes**, ☐ **no**

...ever been diagnosed with MRSA? ☐ **yes**, ☐ **no**

...ever been diagnosed with *C. diff*? ☐ **yes**, ☐ **no**

...ever been diagnosed with Lyme disease? ☐ **yes**, ☐ **no**

...had any other infections? ☐ **yes**, ☐ **no** : _____

Do you have any allergies to foods, medications or environment? _____

When was the last time that you felt well? _____

What seems to trigger your symptoms? _____

What seems to worsen your symptoms? _____

What seems to make you feel better? _____

How much time have you lost from work or school in the past year due to these conditions? _____

Family History

If any blood-relative has had any of the following conditions, please check and indicate which relative(s)

☐ Cancer _____

☐ High blood pressure _____

☐ Anemia _____

☐ Diabetes _____

☐ High cholesterol _____

☐ Arteriosclerosis _____

☐ Emphysema _____

☐ Multiple sclerosis _____

☐ Epilepsy _____

☐ Osteoporosis _____

☐ Stroke _____

☐ Bleed easily _____

☐ Heart disease _____

☐ Thyroid disease _____

☐ Dementia/Alzheimer's/Parkinson's _____

☐ OTHER: _____

MOST RECENT VISIT TO THE DOCTOR: *When was the last time you consulted a doctor and for what reason?*

Date of last complete physical exam:

Date of most recent lab/blood tests:

Is there anything else the Doctor should know or you would like to elaborate on?:

Current prescription medications (e.g., Prozac, Lipitor, etc), **non-prescription medications** (e.g., aspirin, Tylenol, ibuprofen) and/or **health supplements** (e.g., vitamins, minerals, herbs): *Please list the medications and/or supplements that you are currently taking. If you need more room please attached a sheet to this form.*

*****Please also list any drug/supplement allergies.*****

NAME of medication or supplement—drugs, vitamins, herbs, minerals	DOSE in milligrams or grams (or number of capsules/tablets)	FREQUENCY: Times per day/ week/month	DURATION: How long been taking?	REASON: Why are you taking this?

Lifestyle and Habits

Please check any of the following you consume:

Alcohol Coffee Tobacco Drugs Soft Drinks OTC meds Pain Killers

Do you exercise regularly? If YES - what do you do? If NO - what keeps you from exercise?

DIET- Do you follow any particular diet regimen or restrictions?

We understand that this was a lengthy intake and you were asked to provide a lot of details. We appreciate you and your time in filling this out completely. We really do utilize this entire form and it helps establish an accurate account of your history and current health status.

Thank you!

On the following pages you will complete a Review of Systems (ROS): Simply circle or check the most appropriate number for each attribute so we can better understand and discuss your current condition. Although this list is extensive it is important to fill out completely and as accurately as possible. If you mark “YES” to a question, please provide additional info to the right or on the bottom of the page.

GENERAL HEALTH	Never- Very rare	Occasional- Mild	Intermittent- Moderate	Frequent- Severe
Fatigue, lack of energy, lack of stamina	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3
Tired even after “good” sleep	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3
Lack of desire to get out of bed	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3
Undesired weight gain, difficulty losing weight	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3

Undesired weight loss	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3
Hard time falling asleep	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3
Hard time staying asleep	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3
Faint/dizzy/nauseous if a meal is skipped	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3
Decreased appetite	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3
Sensitive to perfumes, chemical smells, exhaust, etc.	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3
Morning stiffness/muscle cramps	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3
Pain at night/Night sweats	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3
Past or present diagnosis of serious conditions such as: cancer, systemic infection, kidneys disease, heart disease or other	<input type="checkbox"/> NO	<input type="checkbox"/> YES →		

HEAD and MIND	Never- Very rare	Occasional- Mild	Intermittent- Moderate	Frequent- Severe
Lack of desire to get out of bed	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3
Headaches or Migraines (please circle)	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3
Hard time remembering (long or short term)	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3
Difficulty speaking or "finding" words	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3
Difficulty concentrating	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3
Feelings of sadness or depression	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3
Anxiety and stress	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3
Inability to cope with stressful situations	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3
Lack of interest or concern	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3
Mental sluggishness	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3
Use of alcohol, drugs, vitamins/minerals/herbals to deal with stress	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3
Recent or current thoughts of suicide	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3
Other problems or concerns in this area	<input type="checkbox"/> NO	<input type="checkbox"/> YES →		
Diagnoses of any mental disorder- depression, bipolar, schizophrenia or other	<input type="checkbox"/> NO	<input type="checkbox"/> YES →		

HAIR, SKIN, and NAILS	Never- Very rare	Occasional- Mild	Intermittent- Moderate	Frequent- Severe
Oily or Dry Skin	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3
Eczema or Psoriasis	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3
White spots on finger nails	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3

Small bumps on the back of the arms	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3
Change in body or facial hair	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3
Acne	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3
Discoloration or depigmentation of skin	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3
Other problems or concerns in this area	<input type="checkbox"/> NO	<input type="checkbox"/> YES →		

EYES, EARS, NOSE, THROAT	Never- Very rare	Occasional- Mild	Intermittent- Moderate	Frequent- Severe
Watery, red, or itchy eyes	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3
Loss of vision/Blurry vision	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3
Hard to see at night	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3
Pain in, near, or behind the eye	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3
Earache or pain in the ears	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3
Tinnitus/ Ringing in the ears	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3
Reoccurring ear infections	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3
Decrease or loss of hearing	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3
Enlarged lymph nodes under the chin/jaw/on the neck	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3
Bleeding/ sore gums	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3
Dry mouth, eyes, and/or nose	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3
Halitosis/ bad breath	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3
Sore throat	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3
Other problems or concerns in this area	<input type="checkbox"/> NO	<input type="checkbox"/> YES →		

GASTROINTESTINAL	Never- Very rare	Occasional- Mild	Intermittent- Moderate	Frequent- Severe
Constipation / Diarrhea (please circle)	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3
Gas or bloating	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3
Nausea / Vomiting (please circle)	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3
Pains in the stomach or lower abdomen	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3
Heartburn or “GERD”	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3
Tired after meals or feel better if you skip meals	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3
Undigested food in stool	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3

Mucous build up/ sinus congestion after meals	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3
Greasy or fatty foods upset your stomach	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3
Anal itching	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3
Coated white tongue	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3
Fungal or yeast infections	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3
Symptoms get worse after eating sugar	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3
Hemorrhoids	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3
Blood or mucous in the stool (please circle)	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3
Crohn's disease or Celiac disease (please circle)	<input type="checkbox"/> NO	<input type="checkbox"/> YES →		
History of alcohol abuse	<input type="checkbox"/> NO	<input type="checkbox"/> YES →		
History of hepatitis	<input type="checkbox"/> NO	<input type="checkbox"/> YES →		
Long term use of prescription/recreational drugs	<input type="checkbox"/> NO	<input type="checkbox"/> YES →		
Loss of bowel control, incontinence	<input type="checkbox"/> NO	<input type="checkbox"/> YES →		
Other problems or concerns in this area	<input type="checkbox"/> NO	<input type="checkbox"/> YES →		

GENITO-URINARY	Never- Very rare	Occasional- Mild	Intermittent- Moderate	Frequent- Severe
Pain in the mid to lower back	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3
Kidney stones	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3
Cloudy, bloody, or dark urine	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3
Urinary tract infections	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3
Frequent urination	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3
Painful urination	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3
Difficulty controlling urination, incontinence	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3
Low sex drive/ libido	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3
HIV test	<input type="checkbox"/> Not Tested		<input type="checkbox"/> Positive	<input type="checkbox"/> Negative
Sexually transmitted disease	<input type="checkbox"/> NO	<input type="checkbox"/> YES →		
Other problems or concerns in this area	<input type="checkbox"/> NO	<input type="checkbox"/> YES →		
CARDIOVASCULAR and PULMONARY	Never- Very rare	Occasional- Mild	Intermittent- Moderate	Frequent- Severe
Pain in the chest, left arm, and/or left side of neck	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3
Shortness of breath upon relaxation or exertion	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3

Swelling in upper or lower extremities	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3
Irregular heart beat	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3
Pounding heart beat heard when resting your head on a pillow	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3
Rapid heart beat	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3
Irregular breathing or discomfort	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3
"Blushed" or red faced	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3
Tightness of the chest	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3
Other problems or concerns in this area	<input type="checkbox"/> NO	<input type="checkbox"/> YES →		

MALE ONLY	Never- Very rare	Occasional- Mild	IntermittentModerate	Frequent- Severe
Difficulty or painful erections	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3
Cloudy, bloody, or dark urine	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3
Painful or difficulty with ejaculation	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3
Waking to urinate at night	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3
Decreased sexual function	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3
Difficulty controlling urination, incontinence	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3
Family history of prostate cancer	<input type="checkbox"/> NO	<input type="checkbox"/> YES →		
Painful/tender testis	<input type="checkbox"/> NO	<input type="checkbox"/> YES →		
Undescended testis, testis in abdomen or pelvis	<input type="checkbox"/> NO	<input type="checkbox"/> YES →		
Other problems or concerns in this area	<input type="checkbox"/> NO	<input type="checkbox"/> YES →		

Female Health Information

Date of Last Period: _____ Date prior period began: _____

Do you have a history of the following:	Yes	No		Yes	No
Pelvic Inflammatory Disease			Fibroids		
Chronic Yeast or vaginal discharge			Urinary tract infections		
Loss of bladder control			Breast cancer or benign tumors		
Blood in Urine			Painful urination		
Chronic vaginal itching or burning			History or current STD if yes, which ones?		

Menstrual History	Yes	No		Yes	No
Are your periods regular?			Age at first period:		
Date of last PAP:			Date of last breast exam:		
Were the results normal?			Date of last mammogram:		
History of abnormal paps?			Abnormal findings?		
Any unusual pelvic pain, pressure or fullness?			If yes, when?		
Did you have a normal puberty?			If no, why?		

Menstruating Women: Please mark any of the following symptoms you experience **before (B)**, **during (D)**, or **after (A)** your menstrual cycle. If you do not have a cycle, please mark symptoms you are currently experiencing with an (X).

B	D	A	Symptoms	B	D	A	Symptoms	B	D	A	Symptoms	B	D	A	Symptoms
			Cramping or pain				Headache				Bloating				Weight Gain
			Constipation				Breast tenderness				Increased Appetite				Sweet Cravings
			Depression				Nervous Tension				Irritability				Mood Changes
			Forgetfulness				Anxiety				Confusion				Crying
			Heart pounding				Insomnia				Fatigue				Insomnia

When not on BC pills:
 Number of days between periods: _____ Length of flow (days): _____
 Days of heavy bleeding: _____ Light bleeding: _____ Spotting bleeding: _____

How many of each of the following do you use during your menstrual period?

Tampons: _____ Pads: _____

Menopausal Women: If you are currently perimenopausal or postmenopausal, do you experience any of the following symptoms? Please indicate (Y), no (N) or past (P).

Y	N	P	Symptoms	Y	N	P	Symptoms	Y	N	P	Symptoms	Y	N	P	Symptoms
			Hot flashes				Insomnia				Vaginal dryness				Memory loss
			Fatigue				Decreased libido				Weight gain				Mood changes

Your age at **menopause**: _____ Mother: _____ Sister(s): _____ Mother's age *if she has not yet begun*: _____

Obstetric History:	Yes	No	
Are you currently pregnant?			If yes, # of weeks
Are you trying to conceive?			

Have you had problems with infertility?	Yes	No	If yes, please explain:
Any pregnancy complications?			If yes, please explain:
Are you currently breastfeeding?			If yes, how often:
# of pregnancies:	# of births:	# of Miscarriages:	# of abortions:

Sexual History:	Yes	No	
Are you currently sexually active?			If yes, current contraception?
Have you ever used birth control pills			If yes, how long?
Have you ever used an IUD?			If yes, how long and what kind?
Do you have any lack of libido?			If yes, for how long?
Any vaginal dryness or painful intercourse?			If yes, how often:

Informed Consent and Mutual Understanding

TO THE PATIENT: Please read this document in its entirety prior to signing it. It is important that you understand this information and we encourage you to ask questions before you sign if there is anything that is unclear.

It is not necessary or encouraged to discontinue treatments with other physicians or healthcare providers. If you are on any current medication or nutritional supplementation, it is your responsibility to inform your doctor of any changes in your condition, symptoms, contact information, or treatments between visits. You are encouraged to contact your clinician at any time with health-related questions.

All practitioners and consultants at Gateway Natural Medicine and Diagnostic Center hold the appropriate licensure for their respective fields and specialties and are currently licensed in the state of Colorado. Each procedure/lifestyle modification/treatment holds both risks and benefits. Your case will be thoroughly evaluated to avoid negative reactions and customized to your unique health status. No guarantees can be assured regarding the outcomes of treatment(s) or procedure(s), nor are they implied.

For distance consultations: Due to the nature of this consult, a primary care provider is necessary and should have performed a physical exam on the current major complaints for which you are seeking advice from our practitioners and consultants. Because of the nature of telemedicine consultations, the inability to perform physical examination during these visits means that you need to have a complete physical exam by a local primary care physician or other healthcare provider. Please provide complete information and an accurate description of any physical ailments. For skin rashes and other visible problems, digital photos sent by email are helpful and will aid in the assessment. Though a full evaluation may not be possible, in most instances we can share sufficient information to proceed with safety and effectiveness. Should an emergency arise, call 911 immediately.

INITIAL_____

Nutrition Informed Consent:

According to the Federal Food, Drug, and Cosmetic Act, as amended, Section 201 (g) (1), the term “DRUG” is defined to mean:

“Articles intended for use in the Diagnosis, Cure, Mitigation, Treatment or Prevention of disease.”

A Vitamin is not a drug, NEITHER is a Mineral, Trace Element, Amino Acid, Herb, or Homeopathic Remedy. Although a Vitamin, a Mineral, Trace Element, Amino Acid, Herb or Homeopathic Remedy may have an effect on any disease process or symptoms, this does not mean that it can be misrepresented or be classified as a drug by anyone. However, these substances can have significant effects on physiology and must be used rationally. In this office, we provide nutritional counseling and make individualized recommendations regarding use of these substances in order to upgrade the quality of foods in a patient's diet and to supply nutrition to support the physiological and biomechanical processes of the human body. Although these products may also be suggested with a specific therapeutic purpose in mind, their use is chiefly designed to support overall health and well-being. Use of nutritional supplements may be safely recommended for patients already using pharmaceutical medications (drugs), but some potentially harmful interactions may occur. For this reason, it is important to keep all of your healthcare providers fully informed about all medications and nutritional supplements, herbs, or hormones you may be taking. Adverse reactions are rare, and may include, but are not limited to: bloating, nausea, vomiting, rash, fatigue, diarrhea, constipation, headaches and dizziness. If any of these or other symptoms appear, please discontinue immediately and talk our staff, or in case of emergency, go to your local urgent care facility/Hospital.

Many times, adjustments in dosages and or timing is all that is needed to alleviate these symptoms. Keep in mind also; there is often an initial “Herxheimer” reaction. This was first described by a German physician of the same name. He observed that as patients started to fulfill a need nutritionally, or emotionally, often a “detox” would start to happen as the body adjusts to metabolic pathways becoming functional again. This is usually temporary and may last a few days to several weeks.

Therefore, please be advised that any suggested nutritional advice or dietary advice is not intended as a primary treatment and/or therapy for any disease or particular bodily symptom.

Nutritional counseling, vitamin recommendations, nutritional advice, and the adjunctive schedule of nutrition is provided solely to upgrade the quality of foods in the patient's diet in order to supply good nutrition supporting the physiological and biomechanical processes of the human body.

Nutritional advice and nutritional intake may also enhance the stabilization of chiropractic adjustments and treatment.

INITIAL_____

Acupuncture, Massage, Electrostimulation:

Acupuncture: This is a safe treatment involving the insertion of fine, sterile and single use needles through the skin. Treatments can occasionally produce a mild but temporary discomfort, usually achiness, tingling or soreness at the acupuncture site. Treatments can also cause slight bleeding and will rarely leave a non-painful bruise at the acupuncture site. Other possible risks from acupuncture include dizziness and fainting. Extremely rare risks of acupuncture include nerve damage, organ puncture and infection. These risks have an extremely low incidence, especially when acupuncture is administered properly by a Licensed Acupuncturist. *I agree to come to each session having eaten within the past 3 hours, and I will report to the healthcare staff any dizziness or lightheadedness that occurs during or after an acupuncture treatment.*

Heat Treatments with Moxa or a TDP Lamp: These methods are used to warm areas of the body to promote health. Every precaution is taken to prevent over-warming, but the rare possibility of mild burns exists.

Cupping: This technique involves a localized suction produced by heating a small glass cup. There is a possibility of local, non-painful bruising from this suction.

Myofascial Release/Gua Sha: Gua Sha is light scraping on the skin in a small area using a smooth-edged instrument. This often results in bruising of the treated area. The bruising, which is not painful, usually resolves in 3-7 days.

Electro-Acupuncture: A mild electric micro-current similar to a TENS treatment may be used to stimulate the acupuncture points. A mild tingling or tapping sensation will be felt during treatments. Occasionally, a mild achiness or soreness will be felt at the areas treated for up to a day after the treatment. *I understand that I must inform my practitioner, prior to having this treatment, if I have a pacemaker or have any heart or neurological condition.*

Acupressure and Massage: Acupressure and massage are used to reduce or prevent pain, and to normalize the body's physiological functions. *I will inform my licensed practitioner of any areas of injury or extreme discomfort, as well as any areas where I have had surgery, prior to any massage. I understand that there may be muscle soreness or achiness as well as the possible aggravation of symptoms existing prior to the treatment during or after massage.*

INITIAL_____

Injection Therapy:

The procedure involves inserting a needle into various areas of the body and injecting anesthetic and/or homeopathic remedies and/or vitamins.

Risks of injection therapies include, but are not limited to:

- a. Occasionally to commonly:
 - i. Discomfort, severe pain, bruising, inflammation, injury and numbness at the site of injection.
 - ii. Fatigue, dizziness, or light-head feeling after the injections.
 - iii. Fainting or loss of consciousness during the procedure.
- b. Extremely Rarely:
 - i. Severe allergic reaction, anaphylaxis, infection, cardiac arrest and death. I am aware that other unforeseeable complications could occur.

I do not expect the clinician to anticipate and or explain all risk and possible complications. I understand the risks and benefits of the procedure and have had the opportunity to have all of my questions answered. I understand that I have the right to consent to or refuse any proposed treatment at any prior to its performance.

My signature on this form affirms that I have given my consent to injection therapy with any different or further procedures which, in the opinion of my clinician, may be indicated.

I have read and understand the above explanation of acupuncture and related treatments and give my consent to treatment if recommended by my practitioner.

Patient Name (print) _____

Patient/Guardian Signature_____ Date _____

Gateway Natural Medicine and Diagnostic Center

Financial Agreement and Cancellation Policy

Gateway Natural Medicine and Diagnostic Center, its contractors, and its associates strive to see patients in a timely manner. We respect your time and ask you to respect our time and other patients' needs by keeping your appointments.

Each scheduled time-slot is important and cannot be recovered if a patient chooses to cancel last-minute or not show up. We collect fees to ensure that Gateway Natural Medicine and Diagnostic Center, its contractors, and associates can continue to see patients. Please keep in mind that each skipped or missed appointment is not just time lost in your care, but also time when other patients cannot be seen.

It is your responsibility to provide us with a working telephone number and email to allow us to communicate important information, such as laboratory results. Having up to date contact information is truly important; please help us to maintain your records and keep information updated and accurate.

Please refer to the guidelines below for our Missed Appointment/Cancellation policy:

New Patient Appointments

A credit card is requested at the time of scheduling and will be charged the **full cost of a New Patient Appointment** if the appointment is not cancelled or rescheduled 24 business hours prior to the appointment. If cancelled the same day of the appointment, pre-payment of the New Patient Appointment will be required in order to reschedule.

Established Patients

We understand that circumstances occur that do not allow you to keep your scheduled appointment. If this is the case, please call and discuss this with the office staff as soon as possible.

You will be charged 50% of your appointment cost for any appointment cancelled or rescheduled within 24 business hours prior to the appointment.

Any no call, no show appointment is subject to a full fee of the missed office visit or therapy.

A credit card will be required to schedule all future appointments and will be charged full cost if appointments are not cancelled or rescheduled within 24 business hours of the appointment.

We realize that there are times that you may arrive for a scheduled appointment time and are not able to be seen promptly at your appointed time. Please know that we go out of our way to make certain that this does not happen, however, there are times when the doctors need to spend extra time with a patient that was not foreseen, as they may have done with you in the past or need to in the future. We appreciate your understanding.

The health, wellness and happiness of our patients is the absolute priority of everyone here. If, at any time, we feel tardiness or failure to show up for appointments is interfering with your progress, your health goals, and your doctor's ability to administer timely and effective care, we reserve the right to reassess your fit here and remove our practice from your health care.

By signing below, I agree to have my credit card on file and to be automatically charged for the above mentioned fees.

Patient Name (print): _____

Signature: _____

Guardian Signature: _____ Date: _____

Policy on Nutraceuticals and Labs

You have the option of picking up your nutraceuticals in office or having them shipped to you. We can hold orders for 24 hours without payment. If they are not picked up within that time, they will be placed back into inventory and sold on a first-come, first-served basis.

Product Returns

Un-opened: May be returned within 30 days of purchase date. There will be a 10% restocking fee applied.

Opened: Pre-authorization is required from a doctor and/or office manager and may be subject to fees.

Laboratory Studies

Laboratory studies include, but are not limited, blood labs, saliva tests, stool, hair, urine. Once labs are order and/or payment is processed for these services/kits there will be no refunds nor credits.

Please direct any questions regarding product orders and returns to the front desk.

By signing below, I acknowledging that I have read, understand and agree to these terms.

Patient Name (print): _____ Signature: _____

Guardian Signature: _____ Date: _____

Notice to Medicare/Medicaid Patients

The following is the office policy for treatments performed at Gateway Natural Medicine and Diagnostic Center regarding Medicare Benefits. **Please read carefully and sign only if you understand and agree to the terms.**

We will not bill Medicare insurance or any other insurance provider for you. **Payment for the visit is due at time of service.**

For patients of Gateway Natural Medicine and Diagnostic Center all of our practitioners are considered non-providers. Medicare will not reimburse you if you submit a super bill for coverage. You **CAN NOT** submit codes and charges for coverage by Medicare/Medicaid.

Notice of Exclusion from Medicare/Medicaid Benefit (NEMB)

The purpose of this notice is to help you make an informed choice about whether or not you want to receive these items or services, knowing that you will have to pay for them directly.

Please ask the front desk for a more complete list of services offered and associated prices.

Before you make a decision, you should read this entire notice carefully.

By signing below, I acknowledging that I have read, understand and agree to these terms.

Patient Name (print): _____

Patient/Guardian Signature: _____ Date: _____

HIPAA NOTICE OF PRIVACY PRACTICES

As required by the Privacy Regulations Promulgated Pursuant to the Health Insurance Portability and Accountability Act of 1996 (HIPAA)

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. This Notice of Privacy Practices describes how we may use and disclose your protected health information (PHI) to carry out treatment, payment or health care operations (TPO) and for other purposes that are permitted or required by law. It also describes your rights to access and control your protected health information. "Protected health information" is information about you, including demographic information, that may identify you and that relates to your past, present or future physical or mental health or condition and related health care services. Uses and Disclosures of Protected Health Information: Your protected health information may be used and disclosed by our organization, our office staff and others outside of our office that are involved in your care and treatment for the purpose of providing health care services to you, to pay your health care bills, to support the operation of the organization, and any other use required by law.

Treatment: We will use and disclose your protected health information to provide, coordinate, or manage your health care and any related services. This includes the coordination or management of your health care with a third party. For example, we would disclose your protected health information, as necessary, to a home health agency that provides care to you. For example, your protected health information may be provided to a physician to whom you have been referred to ensure that the physician has the necessary information to diagnose or treat you. Payment: Your protected health information will be used, as needed, to obtain payment for your health care services. For example, obtaining approval for equipment or supplies coverage may require that your relevant protected health information be disclosed to the health plan to obtain approval for coverage. Healthcare Operations: We may use or disclose, as needed, your protected health information in order to support the business activities of our organization. These activities include, but are not limited to, quality assessment activities, employee review activities, accreditation activities, and conducting or arranging for other business activities. For example, we may disclose your protected health information to accrediting agencies as part of an accreditation survey. We may also call you by name while you are at our facility. We may use or disclose your protected health information, as necessary, to contact you to check the status of your equipment. We may use or disclose your protected health information in the following situations without your authorization: as Required By Law, Public Health issues as required by law, Communicable Diseases, Health Oversight, Abuse or Neglect, Food and Drug Administration requirements, Legal Proceedings, Law

Enforcement, Criminal Activity, Inmates, Military Activity, National Security, and Workers' Compensation. Required Uses and Disclosures: Under the law, we must make disclosures to you and when required by the Secretary of the Department of Health and Human Services to investigate or determine our compliance with the requirements of Section 164.500. Other Permitted and Required Uses and Disclosures Will Be Made Only with Your Consent, Authorization or Opportunity to Object, unless required by law. You may revoke this authorization, at any time, in writing, except to the extent that your physician or this organization has taken an action in reliance on the use or disclosure indicated in the authorization. Your Rights: Following is a statement of your rights with respect to your protected health information. You have the right to inspect and copy your protected health information. Under federal law, however, you may not inspect or copy the following records; psychotherapy notes; information compiled in reasonable anticipation of, or use in, a civil, criminal, or administrative action or proceeding, and protected health information that is subject to law that prohibits access to protected health information. You have the right to request a restriction of your protected health information. This means you may ask us not to use or disclose any part of your protected health information for the purposes of treatment, payment or healthcare operations. You may also request that any part of your protected health information not be disclosed to family members or friends who may be involved in your care or for notification purposes as described in this Notice of Privacy Practices. Your request must state the specific restriction requested and to whom you want the restriction to apply. Our organization is not required to agree to a restriction that you may request. If our organization believes it is in your best interest to permit use and disclosure of your protected health information, your protected health information will not be restricted. You then have the right to use another Healthcare Professional. You have the right to request to receive confidential communications from us by alternative means or at an alternative location. You have the right to obtain a paper copy of this notice from us, upon request, even if you have agreed to accept this notice alternatively, e.g., electronically. You may have the right to have our organization amend your protected health information. If we deny your request for amendment, you have the right to file a statement of disagreement with us and we may prepare a rebuttal to your statement and will provide you with a copy of any such rebuttal. You have the right to receive an accounting of certain disclosures we have made, if any, of your protected health information. We reserve the right to change the terms of this notice and will inform you by mail of any changes. You then have the right to object or withdraw as provided in this notice. Complaints: You may complain to us or to the Secretary of Health and Human Services if you believe your privacy rights have been violated by us. You may file a complaint with us by notifying our privacy contact of your complaint. We will not retaliate against you for filing a complaint. We are required by law to maintain the privacy of, and provide individuals with, this notice of our legal duties and privacy practices with respect to protected health information, if you have any questions concerning or objections to this form, please ask to speak with our owner in person or by phone at 970-532-2755.

Associated companies with whom we may do business, such as an answering service or delivery service, are given only enough information to provide the necessary service to you. No medical information is provided. We welcome your comments: Please feel free to call us if you have any questions about how we protect your privacy. Our goal is always to provide you with the highest quality services.

Patient Name (print) _____ Signature: _____
Guardian Signature: _____ Date _____