

**Life Essentials TCM Center, Jing Shen, L.Ac., O.M.D.**  
 17269 Wild Horse Creek Road Ste 140, Chesterfield, MO 63005  
 636-5364070

**Health History Questionnaire**

Name:		Today's Date:	
Address:		e-mail:	
City:	State:	phone (cell):	
Zip:	phone (home):		
Age:	Sex:	Ht:	Wt:
Marital Status:		Occupation:	
Family Physician/Phone#:		Address:	
Specialist/phone#:		Address:	
In Emergency Notify:		phone Number:	
Referred By:			
How/Where did you find us:		Internet/google	HealthProfs
Have you been treated by acupuncture or Oriental medicine before?			

Responsible Party Signature: \_\_\_\_\_ Relationship: \_\_\_\_\_ Date: \_\_\_\_\_

**Main problem(s)** you would like us to help you with: \_\_\_\_\_

How long ago did this problem begin (be specific)? \_\_\_\_\_

To what extent does this problem interfere with your daily activities (work, sleep, sex)? \_\_\_\_\_

Have you been given a diagnosis for this problem? If so, what? \_\_\_\_\_

What kinds of treatment have you tried? \_\_\_\_\_

**Past medical history** (please include dates): \_\_\_\_\_

**Significant Illnesses:** Cancer    Diabetes    Hepatitis    High Blood Pressure    Seizures  
 Heart Disease    Rheumatic Fever    Thyroid Disease    Venereal Diseases    Other

**Surgeries:** \_\_\_\_\_

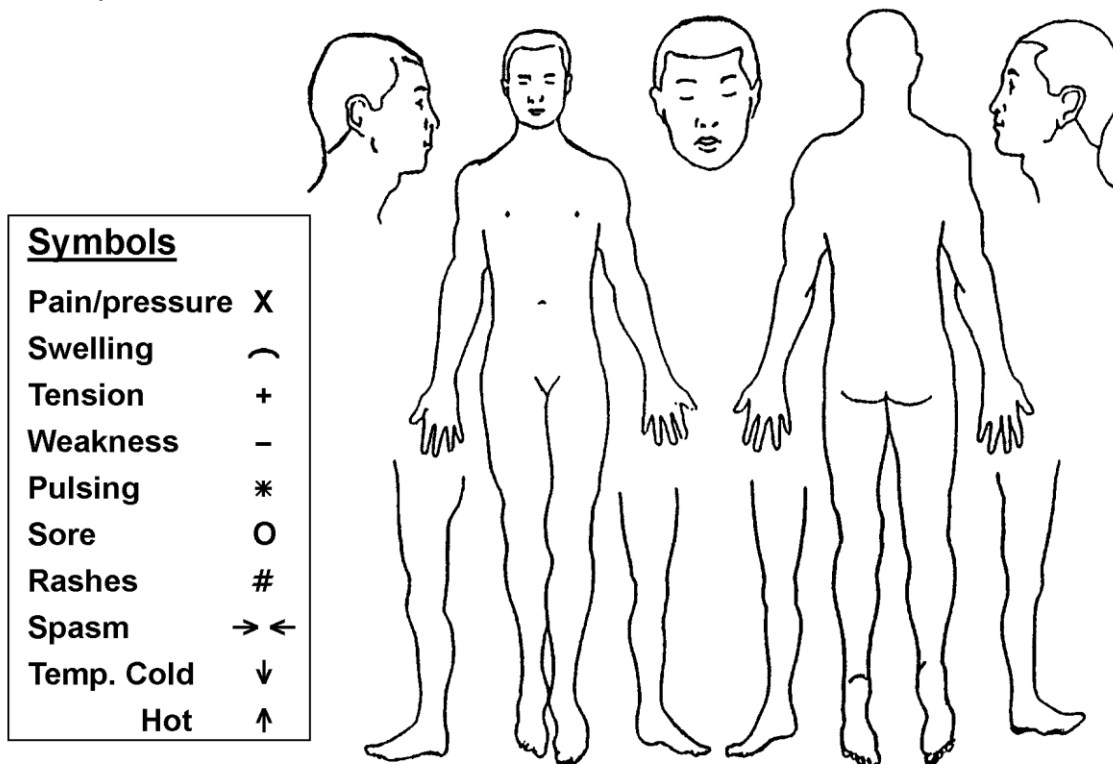
**Significant Trauma** (auto accidents, falls, etc.): \_\_\_\_\_

**Allergies** (drugs, chemicals, foods): \_\_\_\_\_

**Family Medical History:** \_\_\_\_\_

**Medicines** taken within the last two months (vitamins, drugs, herbs, etc.): \_\_\_\_\_

Indicate painful or distressed areas:



Occupation: \_\_\_\_\_ Occupational stress (chemical, physical, psychological, etc.):

Do you have a regular exercise program? \_\_\_\_\_ Please describe:  
 Have you ever been on a restricted diet? \_\_\_\_\_ What kind?  
 Do you smoke? \_\_\_\_\_ How many packs of cigarettes do you smoke a day? \_\_\_\_\_  
 How much coffee, tea, or cola do you drink per week? \_\_\_\_\_  
 How much alcohol do you drink per week? \_\_\_\_\_  
 Please describe any use of drugs for non-medical purposes \_\_\_\_\_

Please check if you have had (in the last three months, skip if not apply):

**General**

- Poor Appetite       Poor Sleeping       Fatigue       Poor Balance       Change in Appetite
- Chills       Night Sweats       Localized Weakness
- Sweat Easily       Tremors       Cravings       Weight Loss
- Weight Gain       Strong Thirst       Bleed or Bruise Easily

**Skin and Hair**

- Rashes       Ulcerations       Hives       Hair/skin texture change
  - Itching       Eczema       Pimples       Dandruff       Loss of Hair       Recent moles
- Any hair or skin problems?

**Head, Eyes, Ears, Nose, and Throat**

- Dizziness       Concussions       Migraines       Jaw click
  - Grinding Teeth       Ringing in Ears       Poor Hearing       Spots in Front of Eyes
  - Sinus Problems       Nose Bleeds       Recurrent Sore Throats
- Headaches (Where and when?)  
 Any other head or neck problems?

**Cardiovascular**

- High Blood Pressure       Low Blood Pressure       Chest Pain       Blood Clots
  - Irregular Heartbeat       Dizziness       Fainting       Phlebitis
  - Cold Hands or Feet       Swelling of Hands       Swelling of Feet       Difficulty in Breathing
- Any other heart or blood vessel problems?

**Respiratory**

- Cough       Coughing Blood       Asthma       Difficulty in Breathing When Lying Down
  - Bronchitis       Pneumonia       Pain with a Deep Breath       Phlegm (What color?)
- Any other lung problems?

**Gastrointestinal**

- Nausea       Vomiting       Diarrhea       Abdominal Pain or Cramps
  - Constipation       Gas       Belching       Chronic Laxative Use       Bad Breath
  - Black Stools       Blood in Stools       Indigestion       Hemorrhoids       Rectal Pain
- Any other problems with your stomach or intestines?

**Genito-Urinary**

- Pain When Urinating       Frequent Urination       Blood in Urine       Decrease in Flow
  - Urgency to Urinate       Unable to Hold Urine       Kidney Stones       Impotency
- Do you wake up to urinate?      How often?
- Any particular color of your urine?
- Any other problems with your genital or urinary system?

**Pregnancy and Gynecology**

- \_\_\_ Number of Pregnancies      \_\_\_ Number of Births      \_\_\_ Premature Births
  - \_\_\_ Miscarriages      \_\_\_ Abortions      \_\_\_ Age at First Menses
  - \_\_\_ Period between Menses      \_\_\_ Duration      \_\_\_ First Date of Last Menses
  - Unusual Character (Heavy or Light)       Irregular periods
  - Painful Periods       Clots       Last PAP
  - Vaginal Discharge       Vaginal Sores       Breast Lumps
  - Changes in Body/Psyche Prior to Menstruation
- Do you use birth control?      What type and for how long?

**Musculoskeletal**

- Neck Pain       Muscle Pains       Knee Pain       Hip Pain       Hand/Wrist Pains
  - Back Pain       Muscle Weakness       Foot/Ankle Pains       Shoulder Pain
- Any other joint or bone problems?

**Neuropsychological**

- Seizures       Dizziness       Loss of Balance
  - Areas of Numbness       Lack of Coordination       Poor Memory       Bad Temper
  - Concussion       Depression       Anxiety       Easily Susceptible to Stress
- Have you ever been treated for emotional problems?
- Have you ever considered or attempted suicide?
- Any other neurological or psychological problems?

### Informed Consent for Treatment

I, \_\_\_\_\_, hereby authorize the private practitioners of life essentials TCM center to perform the following specific procedures as necessary to facilitate my diagnosis and treatment:

**Acupuncture:** insertion of special disposable needles through the skin into underlying tissues at specific points on the surface of the body.

**Cupping:** a technique used to relieve symptoms in which cups made of glass or other materials are placed on the skin with a vacuum created by heat or other device.

**Heating Lamp or Pad:** produces heat on the acupoints and meridians.

**Electrical Acupuncture:** use of electrical device to produce electrical stimulation on the acupuncture needles.

**Herbs:** may be given in the form of powders, pastes, or plasters. Herbal formulas may include shell, mineral, and animal materials.

**Moxa:** indirect burning on an acupoint using stick, string, or ball moxa to relieve symptoms.

**Dietary Advice:** based on traditional Chinese Medicine Theory.

I recognize the potential risks and benefits of these procedures as described below:

**Potential Risks:** discomfort, pain, infection, or blistering at the site of the procedure; temporary discoloration of the skin; nausea, loose bowel movements, abdominal cramping; and aggravation of the symptoms prior to the acupuncture treatment.

**Potential Benefits:** natural drugless relief of present symptoms and improved balance of bodily energies, which may lead to prevention or elimination of the present problem and the strengthening of the constitution.

With this knowledge, I voluntarily consent to the above procedures, realizing that no guarantees have been given to me by life essentials TCM center or any of its personnel regarding cure or improvement of my condition. I understand that I am free to withdraw my consent and to discontinue participation in these procedures at any time.

I have read and understood the life essentials TCM center's HIPAA Privacy Policies or which a copy can be requested in person at our office.

\_\_\_\_\_  
Signature of Patient, Patient Representative, or Guardian

\_\_\_\_\_  
Date

## Life Essentials TCM Center

17269 Wild Horse Creek Road, Chesterfield, MO 63005

636-5364070

### Notice of Privacy Policies

The information provided below illustrates the manner your protected health information could be accessed and released and what you need to know about this process. This important document should be reviewed thoroughly. Managing the privacy of your protected health information is extremely important to Dr. Jing Shen.

**Legal Responsibilities of Dr. Jing Shen:** As mandated by Federal and State legal requirements, your protected health information must be protected. As part of these regulations, we are required to ensure you are aware of privacy policies, legal duties, and your rights to your protected health information. This notice of privacy policies, outlined below, will be in effect for the duration and must be followed by our practice. This notice will be in effect until it is replaced.

We reserve the right to modify our privacy policies and the terms of this notice at any time, and will make such modifications within the guidelines of the law. We reserve the right to make the modifications effective for all protected health information that we maintain, including protected health information we created or received before the changes were made. Changing the notice will precede all significant modifications. A copy of this notice will be provided upon request.

**Protected Health Information Use and Disclosure:** Information regarding your health may be used and disclosed for the purpose of treatment, payment, and other healthcare operations. Examples cited below further explain the use and disclosure process.

**Treatment:** Use and disclosure of your protected health information may be provided to a physician or other healthcare provider providing treatment to you. However, this information will not be provided unless you have authorized it in writing.

**Payment:** Your protected health information may be used and disclosed to obtain payment for services we provided to you.

**Healthcare Processes:** We may use and disclose your protected healthcare information in relations with our healthcare process. These processes include an assessment, improvement activities, reviewing the competence or qualifications of healthcare professionals, provider performances and evaluating practitioner, conducting training programs, accreditation, certification, licensing, or credentialing activities.

**Your Authorization:** At any time, you may provide in writing your authorization for use and disclosure of your protected health information for any purpose. You may choose to revoke your written permission at any time. The revocation must be in writing. If you revoke your written authorization, it will not affect any use or disclosure prior to the revocation.

Your protected healthcare information may be use and disclosed to you, as described in the patient rights section of this notice. In addition, your protected health information may be used and disclosed to a family member, friend, or other person to the extent necessary to assist you with your healthcare, but only with your authorization.

**Person Involved In Care:** In order to accommodate the notification of your location, your general condition, or death, your protected health information maybe used or disclosed to a family member, your personal representative, or another person responsible for your care. If you are present and wish to object to such disclosures of your protected health information, you may do so. To the extent you are incapacitated or emergency circumstances exist, we will disclose protected health information using our professional judgment disclosing only protected health information that is directly relevant to the person's involvement in your healthcare. We will use our professional judgment and our experience with common practices to make reasonable inferences of your best interest in allowing a person to pick up filled prescriptions, medical supplies, x-rays, or other similar forms of protected health information.

**Marketing Health-Related Services:** The use of your protected health information for the purpose of marketing communications is prohibited without your written authorization.

**Required By Law:** Your protected health information may be used or disclosed if required by law.

**Abuse or Neglect:** As required by law, if we have reason to believe that you are the victim of possible abuse, neglect, domestic violence, or other possible crimes, your protected health information may be disclosed to the appropriate authorities. If we have reason to believe the use or disclosure of your protected health information will prevent a serious threat to your health or safety or the health or safety of others we may have to provide the necessary protected health information.

**National Security:** Under some circumstances, the military may require disclosure of healthcare information for armed forces personnel. For the purpose of national security activities, counter intelligence and lawful intelligence, authorized federal authorities may require disclosure of protected health information. Protected healthcare information disclosure may be made to correctional facilities or law enforcement authorities with the lawful authority requiring custody of such information.

**Appointment Reminders:** Your protected healthcare information may be used to assist you with appointment reminders in the form of voicemail messages, postcards, or letters. We may also write a thank you card to whoever referred you to our practice.

**Patient Rights**

**Access:** At all times, you have the right to review your protected health information, with limited exceptions. At your request, we will provide your information in a format other than photocopies. If we are able to do so, we will accommodate your request.

Your request to obtain access to your information must be in writing. You may obtain a Protected Health Information Access Form by using the contact information at the end of this notice. We may need to charge you a reasonable cost-based fee for expenses including copies and staff time. You may also request access for submitting a letter using the information at the bottom of this notice. If you request copies, we will charge you \$0.83 per page for the first 30 pages and \$0.63 for every page after that plus \$10.00 for staff time to locate and copy you protected health information. Postage will be included if you wish to have your information mailed. If you request a different format, we will charge a cost based fee for that format. An explanation of fees can be made available.

**Disclosure Accounting:** Your rights include the choice to receive a review of every time we or our business associated disclosed your protected health information for reasons other than treatment, payment, healthcare information and certain other activities for the last six years. Additional reasonable cost based fees may be extended if your requests for such information are more than one time per year.

**Restrictions:** You may request we apply additional restrictions to any disclosure of your healthcare information. We are not required to respond to the application of these additional restrictions. If we agree to follow your request regarding additional restrictions, we will follow the agreed restrictions unless an emergency situation dictates otherwise.

**Alternative Communication:** Your rights include the instruction to request how you are communicated to regarding your protected health information. Your request must be in writing and can spell out other ways or other locations regarding your protected health information communication. You must identify agreed upon explanations of payment arrangements under alternative communications.

**Amendment:** You can initiate a written request to amend your protected health information. Included in the amendment must be an explanation why information should be amended. Certain conditions may exist where we may reject your request.

**Electronic Notice:** If you receive a notice electronically, you are entitled to receive the notice in writing as well.

**Questions and Complaints**

If at any time you are unsure or concerned that your protected health information has not been protected or if you believe an error was made in the decision we made about accessing your protected health information; or in the response to a request you made to amend the use or disclosure of your protected health information; or to have us communicate to you by an alternative means or at an alternative location, you have the right to bring this issue forward. You may make a complaint to the U.S. Department of Health and Human Services. We will provide you with the address to file your complaint with the U.S. Department of Health and Human Services at your request.

Privacy of your protected health information remains extremely important; we are committed to ensure your privacy. If you file a concern with the U.S. Department of Health and Human Resources, we will not retaliate in any way. We are available to assist you with any questions, concerns, or complaints.

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I have read and understood the HIPAA privacy policies of Dr. Jing Shen's acupuncture/TCM clinic

\_\_\_\_\_  
Name

\_\_\_\_\_  
Date

\_\_\_\_\_  
Relationship to patient (if applicable)

**Initial Diagnosis and Treatment  
Of  
Traditional Chinese Medicine**

Patient Name: \_\_\_\_\_ Date: \_\_\_\_\_

Chief Complaints:

\_\_\_\_\_

Secondary Complaints:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

History of Disease:

Energy Level: _____	BM: _____
_____	
Sleep Situation: _____	Urination: _____
_____	
Diet and Digestion: _____	Sweating: _____
_____	
Head or Cold: _____	Menses: _____
_____	

Emotion:

Stress:

Tongue Diagnosis:

Pulse Diagnosis:

Patter Diagnosis:

Treatment Recommendations:

**Patient Progress and Treatment Record**

Session# \_\_\_\_\_

Name: \_\_\_\_\_ Date: \_\_\_\_\_

How Do you Feel Today? _____	(Pain Level)	(Circle One)
Complaint 1: _____	0 1 2 3 4 5 6 7 8 9 10	Greatly Improved Slightly Improved Same
Complaint 2: _____	0 1 2 3 4 5 6 7 8 9 10	Greatly Improved Slightly Improved Same
Complaint 3: _____	0 1 2 3 4 5 6 7 8 9 10	Greatly Improved Slightly Improved Same
Initial: _____		

Objective Observations: Tongue: \_\_\_\_\_ Pulse: \_\_\_\_\_  
PE: \_\_\_\_\_

Herbs: \_\_\_\_\_  
\_\_\_\_\_

Treatment Procedures:

- |  |   |
|--|---|
| ___ 97810 Acupuncture Initial 15 mins            | ___ 97112 Neuromuscular re-education(Qi-gong) |
| ___ 97811 Acupuncture additional 15 mins         | ___ 97010 Heat Modality (Moxibustion)         |
| ___ 97813 Electro-Acupuncture Initial 15 mins    | ___ 97026 TDP Lamp                            |
| ___ 97814 Electro-Acupuncture additional 15 mins | ___ 99070 Supplies (Herbs)                    |
| ___ 97140 Manual Therapy (Cupping)               | ___ 99211 Evaluation (10-15 min)              |

**Patient Progress and Treatment Record**

Session# \_\_\_\_\_

Name: \_\_\_\_\_ Date: \_\_\_\_\_

How Do you Feel Today? _____	(Pain Level)	(Circle One)
Complaint 1: _____	0 1 2 3 4 5 6 7 8 9 10	Greatly Improved Slightly Improved Same
Complaint 2: _____	0 1 2 3 4 5 6 7 8 9 10	Greatly Improved Slightly Improved Same
Complaint 3: _____	0 1 2 3 4 5 6 7 8 9 10	Greatly Improved Slightly Improved Same
Initial: _____		

Objective Observations: Tongue: \_\_\_\_\_ Pulse: \_\_\_\_\_  
PE: \_\_\_\_\_

Herbs: \_\_\_\_\_  
\_\_\_\_\_

Treatment Procedures:

- |  |   |
|--|---|
| ___ 97810 Acupuncture Initial 15 mins            | ___ 97112 Neuromuscular re-education(Qi-gong) |
| ___ 97811 Acupuncture additional 15 mins         | ___ 97010 Heat Modality (Moxibustion)         |
| ___ 97813 Electro-Acupuncture Initial 15 mins    | ___ 97026 TDP Lamp                            |
| ___ 97814 Electro-Acupuncture additional 15 mins | ___ 99070 Supplies (Herbs)                    |
| ___ 97140 Manual Therapy (Cupping)               | ___ 99211 Evaluation (10-15 min)              |