BLUEWATER CHIROPRACTIC WELLNESS CENTER

Bluewater Chiropractic Wellness Center
April W. Lee, D.C.
4400 Hwy 20 E
Ste 207
Niceville, FL 32578
(850) 897-1177

UPDATED PATIENT HISTORY

Today's Date (MM/DD/YYYY)

Your Last Name | Your First Name | Your Middle Name (or Initial)

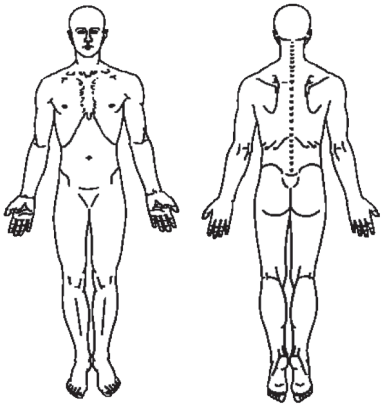
◯ **I have new contact information**

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.

Current symptoms: _____

1. Location (Where does it hurt?)
Circle the area (s) on the illustration.



2. Quality of symptoms (What does it feel like?)

◯ Numbness
◯ Tingling
◯ Stiffness
◯ Dull
◯ Aching
◯ Cramps
◯ Nagging
◯ Sharp
◯ Burning
◯ Shooting
◯ Throbbing
◯ Stabbing
◯ Other

3. Intensity (How extreme are your current symptoms?)

0 ◯—◯—◯—◯—◯—◯—◯—◯—◯—◯ 10
Absent — Uncomfortable — Agonizing

4. Duration and Timing (When did it start and how often do you feel it?)

◯ Constant ◯ Come and goes.

When did it start and how often? _____

5. Radiation (Does it affect other areas of your body? To what areas does the pain radiate, shoot or travel.)

_____

6. Aggravating or relieving factors (What makes it better or worse, such as time of day, movements, certain activities, etc.)

What tends to worsen the problem? _____

What tends to lessen the problem? _____

7. Prior interventions (What have you done to relieve the symptons?)

◯ Prescription medication ◯ Surgery ◯ Other _____
◯ Over-the-counter drugs ◯ Acupuncture _____
◯ Homeopathic remedies ◯ Chiropractic _____
◯ Physical therapy ◯ Massage

8. What else should Bluewater Chiropractic know about your current condition? _____

9. 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/bullimia, ulcer, food sensitivities, heartburn, constipation, diarrhea, etc.	◯	◯	◯
f. Sensory System – Such as blurred vision, ringing in ears, hearing loss, chronic ear infection, etc.	◯	◯	◯
g. Integumentary 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.	◯	◯	◯

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

_____

_____

This updated patient history is for:

◯ Current Patient
Periodic Re-evaluation

◯ Current Patient
Additional Complaint/
Exacerbation

◯ Maintenance Patient (circle one)
Exacerbation
Re-Occurrence
New Episode

◯ Inactive Patient (circle one)
Exacerbation
Re-Occurrence
New Episode

Consultation Notes

Doctor's Initials

UPDATED PATIENT HISTORY

11. Social History (Tell Bluewater Chiropractic 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: _____

12. Activities of Daily Living (How does this condition currently interfere with your life and ability to function?)

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

13. Is there anything else Bluewater Chiropractic should know about your current condition, your progress or ways your current condition is affecting your life?

_____

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.

If the patient is a minor child, print child's full name: _____

Signature

Date (MM/DD/YYYY)

Patient name

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Wellness Center
April W. Lee, D.C.

Do you currently smoke tobacco of any kind? ❑ Yes ❑ Former smoker ❑ Never been a smoker

If yes, how often do you smoke: ❑ Current every day smoker ❑ Current sometimes smoker

If yes, what is your level of interest in quitting smoking?

❑ 0 ❑ 1 ❑ 2 ❑ 3 ❑ 4 ❑ 5 ❑ 6 ❑ 7 ❑ 8 ❑ 9 ❑ 10

No interest *Very Interested*

List current medications, including frequency and dosage if known. If there are no current medications, check here: ❑

		Start Date			Start Date
1)			**5)**		
2)			**6)**		
3)			**7)**		
4)			**8)**		

List any known allergies you have had to any medications.
If no allergies are known, check here: ❑

1) _____ **3)** _____

2) _____ **4)** _____

Briefly list your main health problems: _____

_____

INSURANCE INFORMATION

Have there been any changes in:			**If any changes please indicate in space below:**
Home address:	□ Yes	□ No	
Phone Numbers:	□ Yes	□ No	
Employment:	□ Yes	□ No	
Insurance benefits	□ Yes	□ No	

I hereby authorize the clinic to submit a claim to my insurance carrier for all services rendered to me and authorize and direct my insurance carrier to assign benefits/payments directly to the office/doctor. I realize that I am personally responsible for all amounts not paid by my insurance carrier within 60 days unless other arrangements have been made with Bluewater Chiropractic Wellness Center, LLC.

_____ _____
Name (print) Date

_____ _____
Signature Witness

Family History

Some health issues are hereditary. Tell Bluewater Chiropractic about the health of your immediate family members

FAMILY

Relative	**Age (If Living)**	**State of Health**		**Illness**	**Age at death**	**Cause of death**	
		Good	***Poor***			***Natural***	***Illness***
Mother		o	o			o	o
Father		o	o			o	o
Sister 1		o	o			o	o
Sister 2		o	o			o	o
Brother 1		o	o			o	o
Brother 2		o	o			o	o
		o	o			o	o