



## Acupuncture Health History Questionnaire

Please help me provide you with a complete evaluation by taking the time to fill out this questionnaire carefully. All of your answers will be held in absolute confidentiality. If you have questions, please ask.

First Name:		Last Name:		Email:	
Cell:( )		Home:( )		Work: ( )	
Street:			City:	State:	Zip:
Weight:	Height:	Gender:	Pronouns:	Age:	Date of Birth:
Occupation:				Marital Status:	
Family Physician:			Check here, if you do not want to receive texts from us: <input type="checkbox"/>		
In Emergency Notify:			Tel. No.: ( )		
Referred By:					
Have you been treated by acupuncture before?					
<b>Main concern(s)</b> with which you would like help:					
Condition or Disease:					
How long ago did this condition begin (be specific)?					
To what extent does this condition interfere with your daily activities (work, sleep, sex, etc.)?					
Have you been given a diagnosis for this condition?					
What kind of treatment have you tried?					
<b>Past Medical History</b> (please include dates):					
<b>Significant Illnesses:</b> Cancer, Diabetes, Hepatitis, High Blood Pressure, Heart Disease, Rheumatic Fever, Thyroid Disease, Seizures, Venereal Disease					

<b>Surgeries:</b>
<b>Significant Trauma</b> (auto accidents, falls, etc.)
<b>Birth History</b> (prolonged labor, forceps delivery, etc.):
<b>Allergies</b> (drugs, chemicals, foods):

<b>Family Medical History</b>
<input type="checkbox"/> Diabetes <input type="checkbox"/> Cancer <input type="checkbox"/> High Blood Pressure <input type="checkbox"/> Seizures <input type="checkbox"/> Asthma <input type="checkbox"/> Allergies <input type="checkbox"/> Stroke <input type="checkbox"/> Heart Disease
<b>Occupation:</b>
Occupational Stress (chemical, physical, physiological):
Do you have a regular exercise program? Please describe:
<b>Current Medications</b> (Please include vitamins, over-the-counter drugs, supplements and herbs):

Are you now or have you ever been on a restricted diet? \_\_\_\_\_ What kind? \_\_\_\_\_

Please describe your average daily diet:

Morning:

Afternoon:

Evening:

How many packs of cigarettes a day do you smoke? \_\_\_\_\_

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 tell me your current **creative outlets**:

**General**

- |   |   |   |
|---|---|---|
| <input type="checkbox"/> Poor Appetite                                | <input type="checkbox"/> Poor Sleeping                      | <input type="checkbox"/> Fatigue            |
| <input type="checkbox"/> Fever  | <input type="checkbox"/> Chills                             | <input type="checkbox"/> Night Sweats       |
| <input type="checkbox"/> Sweat Easily                                 | <input type="checkbox"/> Tremors                            | <input type="checkbox"/> Cravings           |
| <input type="checkbox"/> Localized Weakness                           | <input type="checkbox"/> Poor Balance                       | <input type="checkbox"/> Change in appetite |
| <input type="checkbox"/> Bleed or Bruise Easily                       | <input type="checkbox"/> Weight Loss                        | <input type="checkbox"/> Weight Gain        |
| <input type="checkbox"/> Peculiar Tastes or Smells                    | <input type="checkbox"/> Strong Thirst (cold or hot drinks) |   |
| <input type="checkbox"/> Sudden Energy Drop (What time of day?) _____ |   |   |

**Skin and Hair**

- |   |                                       |                                       |
|---|---------------------------------------|---------------------------------------|
| <input type="checkbox"/> Rashes                         | <input type="checkbox"/> Ulcerations  | <input type="checkbox"/> Hives        |
| <input type="checkbox"/> Itching                        | <input type="checkbox"/> Eczema       | <input type="checkbox"/> Pimples      |
| <input type="checkbox"/> Dandruff                       | <input type="checkbox"/> Loss of Hair | <input type="checkbox"/> Recent Moles |
| <input type="checkbox"/> Change in Hair or Skin Texture |                                       |                                       |

Any Other hair or skin problems? \_\_\_\_\_

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

- |  |  |   |
|--|--|---|
| <input type="checkbox"/> Dizziness                         | <input type="checkbox"/> Concussions     | <input type="checkbox"/> Migraines              |
| <input type="checkbox"/> Glasses                           | <input type="checkbox"/> Eye Strain      | <input type="checkbox"/> Eye Pain               |
| <input type="checkbox"/> Poor Vision                       | <input type="checkbox"/> Night Blindness | <input type="checkbox"/> Color Blindness        |
| <input type="checkbox"/> Cataracts                         | <input type="checkbox"/> Blurry Vision   | <input type="checkbox"/> Earaches               |
| <input type="checkbox"/> Ringing in Ears                   | <input type="checkbox"/> Poor Hearing    | <input type="checkbox"/> Spots in Front of Eyes |
| <input type="checkbox"/> Sinus Problems                    | <input type="checkbox"/> Nose Bleeds     | <input type="checkbox"/> Recurrent Sore Throats |
| <input type="checkbox"/> Grinding Teeth                    | <input type="checkbox"/> Facial Pain     | <input type="checkbox"/> Sores                  |
| <input type="checkbox"/> Teeth Problems                    | <input type="checkbox"/> Jaw Clicks      |   |
| <input type="checkbox"/> Headaches (Where and When?) _____ |  |   |

Any other head or neck problems? \_\_\_\_\_

**Cardiovascular**

- |  |  |  |
|--|--|--|
| <input type="checkbox"/> High Blood Pressure | <input type="checkbox"/> Low Blood Pressure    | <input type="checkbox"/> Chest Pain              |
| <input type="checkbox"/> Irregular Heartbeat | <input type="checkbox"/> Dizziness             | <input type="checkbox"/> Fainting                |
| <input type="checkbox"/> Cold Hands or Feet  | <input type="checkbox"/> Swelling of the Hands | <input type="checkbox"/> Swelling of the Feet    |
| <input type="checkbox"/> Blood Clots         | <input type="checkbox"/> Phlebitis             | <input type="checkbox"/> Difficulty in Breathing |

Any other heart or blood vessel problems? \_\_\_\_\_

**Respiratory**

- |  |   |  |
|--|---|--|
| <input type="checkbox"/> Cough                                   | <input type="checkbox"/> Coughing Blood | <input type="checkbox"/> Chest Pain              |
| <input type="checkbox"/> Bronchitis                              | <input type="checkbox"/> Pneumonia      | <input type="checkbox"/> Pain with a Deep Breath |
| <input type="checkbox"/> Difficulty in Breathing when Lying Down |   |  |
| <input type="checkbox"/> Production of Phlegm (What color?)      |   |  |

Any other lung problems? \_\_\_\_\_

**Gastrointestinal**

- |   |  |                                      |
|---|--|--------------------------------------|
| <input type="checkbox"/> Nausea                   | <input type="checkbox"/> Vomiting        | <input type="checkbox"/> Diarrhea    |
| <input type="checkbox"/> Constipation             | <input type="checkbox"/> Gas             | <input type="checkbox"/> Belching    |
| <input type="checkbox"/> Black Stools             | <input type="checkbox"/> Blood in Stools | <input type="checkbox"/> Indigestion |
| <input type="checkbox"/> Bad Breath               | <input type="checkbox"/> Rectal Pain     | <input type="checkbox"/> Hemorrhoids |
| <input type="checkbox"/> Abdominal Pain or Cramps |  |                                      |
| <input type="checkbox"/> Chronic Laxative Use     |  |                                      |

Any other problems with your stomach or intestines? \_\_\_\_\_

**Genito-Urinary**

- |   |   |  |
|---|---|--|
| <input type="checkbox"/> Pain on Urination  | <input type="checkbox"/> Frequent Urination   | <input type="checkbox"/> Blood in Urine    |
| <input type="checkbox"/> Urgency to Urinate | <input type="checkbox"/> Unable to Hold Urine | <input type="checkbox"/> Kidney Stones     |
| <input type="checkbox"/> Decrease in Flow   | <input type="checkbox"/> Impotence            | <input type="checkbox"/> Sores on Genitals |

Do you wake up to urinate? \_\_\_\_\_ If so, how many times? \_\_\_\_\_

Any particular color to 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

- |   |   |                                       |
|---|---|---------------------------------------|
| <input type="checkbox"/> Unusual Character (Heavy or Light) | <input type="checkbox"/> Clots  | <input type="checkbox"/> Last PAP     |
| <input type="checkbox"/> Painful Periods                    | <input type="checkbox"/> Vaginal Sores                                  | <input type="checkbox"/> Breast Lumps |
| <input type="checkbox"/> Vaginal Discharge                  | <input type="checkbox"/> Changes in body / psyche prior to menstruation |                                       |

Do you practice birth control? \_\_\_\_\_. What type and for how long? \_\_\_\_\_

Are you currently trying to conceive? \_\_\_\_\_

**Musculoskeletal**

- |   |  |   |
|---|--|---|
| <input type="checkbox"/> Neck Pain          | <input type="checkbox"/> Muscle Pains    | <input type="checkbox"/> Knee Pain          |
| <input type="checkbox"/> Back Pain          | <input type="checkbox"/> Muscle Weakness | <input type="checkbox"/> Foot / Ankle Pains |
| <input type="checkbox"/> Hand / Wrist Pains | <input type="checkbox"/> Shoulder Pain   | <input type="checkbox"/> Hip Pain           |

Are you currently training for an athletic event? \_\_\_\_\_  
\_\_\_\_\_

Are you or have you been a competitive athlete? \_\_\_\_\_  
\_\_\_\_\_

**Neuropsychological**

- |  |   |  |
|--|---|--|
| <input type="checkbox"/> Seizures          | <input type="checkbox"/> Dizziness                    | <input type="checkbox"/> Loss of Balance |
| <input type="checkbox"/> Areas of Numbness | <input type="checkbox"/> Lack of Coordination         | <input type="checkbox"/> Poor Memory     |
| <input type="checkbox"/> Concussion        | <input type="checkbox"/> Depression                   | <input type="checkbox"/> Anxiety         |
| <input type="checkbox"/> Bad Temper        | <input type="checkbox"/> Easily Susceptible to Stress |  |

Have you ever been treated for depression or anxiety? \_\_\_\_\_  
\_\_\_\_\_

Have you ever considered or attempted suicide? \_\_\_\_\_  
\_\_\_\_\_

**Comments** (please tell me any other concerns that you would like to discuss):





### Cancellation Policy

For **Monday** appointments, we require that you notify us by **12PM** on the **previous Friday** to make any changes or cancellations. Changes made later than **12pm** on the **previous Friday** for a Monday appointment will be subject to the full fee of the service you were booked for.

\_\_\_\_\_ Initial

For **Tuesday-Saturday** appointments, we require a full **48 hours' notice** for any cancellations or schedule changes. You will be charged the full fee if you miss, cancel or change your scheduled appointment with less than **48 hours' notice for Tuesday-Saturday appointments.**

\_\_\_\_\_ Initial

We are closed on the following **Holidays**: New Years, Memorial Day, July 4, Labor Day, Thanksgiving, and Christmas. If you are scheduled to come in the day after one of these holidays, we require that you notify us by **12PM** the **previous business day** to cancel or make any schedule changes. Changes made later than **12PM the previous business day** for an appointment scheduled after a Holiday will be subject to the full fee of service you were booked for. \_\_\_\_\_ Initial

By signing this cancellation policy:

I \_\_\_\_\_ (print your name) agree to pay all charges that are a direct result of my missing or canceling an appointment without appropriate notice. I understand that the credit card on file will be charged for the full amount no earlier than 48-hours after my missed or late cancelled appointment. If I would like to use a different method of payment, I understand that it is my responsibility to contact BoulderBodyworks prior to the 48-hour time frame to provide my preferred method of payment.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

### Waitlist Policy

*The waitlist policy applies to all classes and appointments except for Comprehensive Manual Therapy with David Schwartz and Orthopedic Manual Therapy with Elizabeth McClain.*

**If an appointment or space in class becomes available with greater than 24 hours' notice** in accordance with your waitlist request, the appointment or class will automatically be booked and you will receive a confirmation of the booking. The cancellation policy will apply to that booking.

**If an appointment becomes available with less than 24 hours' notice or after 12pm on a Friday for a Monday**, *BBW* will contact all clients on the waitlist with the opening. The first to confirm will be scheduled.

Should you no longer be available for an appointment or class that you requested, it is your responsibility to cancel the reservation in accordance with the cancellation policy.



**HIPAA CONSENT TO THE USE AND DISCLOSURE OF HEALTH INFO  
FOR TREATMENT, PAYMENT, OR HEALTHCARE OPERATIONS**

NAME \_\_\_\_\_

BIRTHDATE \_\_\_\_\_ Driver's License # \_\_\_\_\_

I understand that as part of my healthcare, this organization originates and maintains health records describing my health history, symptoms, examination and test results, diagnoses, treatment and any plans for future care of treatment.

**I understand that this information serves as:**

- A basis for planning my care and treatment.
- A means of communication among the many healthcare professionals who contribute to my care.
- A source of information for applying my diagnosis and surgical information to my bill.
- A means by which a third-party payer can verify that services billed were actually provided.
- A tool for routine healthcare operations such as assessing care quality and reviewing the competence of healthcare professionals.

**I understand that I have the right:**

- To object to the use of my health information for directory purposes.
- To request restrictions as to how my health information may be used or disclosed to carry out treatment, payment or healthcare operations – and that the organization is not required to agree to the restrictions requested.
- To revoke this consent in writing, except to the extent that the organization has already taken action in reliance thereupon.

**I request the following restrictions to the use of disclosure of my health information:**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Patient:**

X \_\_\_\_\_  
Patient Signature or Legal Representative      Date      Witness Signature

**Office Use Only:**

Accepted \_\_\_\_\_  
Denied      Signature      Title      Date



## Acupuncture Consent to Treatment Form

By signing below, I do hereby voluntarily consent to be treated with acupuncture and/or substances from the Chinese Materia Medica by a licensed acupuncturist at *Boulder Bodyworks*. I understand that acupuncturists practicing in the state of Colorado are not primary care providers and that regular primary care by a licensed physician is an important choice that is strongly recommended by this clinic's practitioners.

**Acupuncture:** I understand that acupuncture is performed by the insertion of needles through the skin or by the application of heat to the skin (or both) at certain points on or near the surface of the body in an attempt to treat bodily dysfunction or diseases, to modify or prevent pain perception, and to normalize the body's physiological functions. I am aware that certain adverse side effects may result. These could include, but are not limited to: local bruising, minor bleeding, fainting, pain or discomfort, and the possible aggravation of symptoms existing prior to acupuncture treatment. I understand that no guarantees concerning its use and effects are given to me and that I am free to stop acupuncture treatment at any time.

**Chinese Herbs:** I understand that substances from the Chinese Materia Medica may be recommended to me to treat bodily dysfunction or diseases, to modify or prevent pain perception, and to normalize the body's physiological functions. I understand that I am not required to take these substances but must follow the directions for administration and dosage if I do decide to take them. I am aware that certain adverse side effect may result from taking these substances. These could include, but are not limited to: changes in bowel movement, abdominal pain or discomfort, and the possible aggravation of symptoms existing prior to herbal treatment. *Should I experience any problems, which I associate with these substances, I should suspend taking them and call BoulderBodyworks as soon as possible.*

**Electro-Acupuncture:** I understand that I may be asked to have electro-acupuncture administered with the acupuncture. I am aware that certain adverse side effects may result. These may include, but are not limited to: electrical shock, pain or discomfort, and the possible aggravation of symptoms existing prior to treatment. I understand that I may refuse this treatment.

*I understand that there may be other treatment alternatives, including treatment offered by a licensed medical physician. I have carefully read and understand all of the above information and am fully aware of what I am signing. I understand that I may ask my practitioner for a more detailed explanation. I give my permission and consent to treatment.*

Signature: \_\_\_\_\_

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

Printed Name: \_\_\_\_\_

Date of Birth: \_\_\_\_\_



## Colorado Mandatory Disclosure Form

Please read the following information. Once your questions have been answered to your satisfaction and you feel you understand this statement, please sign and date below.

### Education and Experience

Andrew J Pollak received his Master of Science in Oriental Medicine from Southwest Acupuncture College in Boulder, CO in August 2017. The four-year Chinese medical training curriculum included over 3000 hours of didactic and clinical education and over 900 hours of clinical practice. He is certified as a Diplomate of Oriental Medicine with the National Certification Commission for Acupuncture and Oriental Medicine (NCCAOM), which includes certification in Acupuncture, Chinese Herbology, and Clean Needle Technique. Andrew's training includes adjunct therapies such as moxibustion, Oriental bodywork techniques (Tui-na and Shiatsu), cupping, gua sha, electrical stimulation (e-stim), auriculotherapy, and dietary and lifestyle recommendations. Andrew is a licensed acupuncturist in the state of Colorado and is in good standing with DORA and NCCAOM. None of these licenses, certificates, or registrations have ever been suspended or revoked.

*BoulderBodyworks* complies with the rules and regulations of Colorado's Department of Regulatory Agencies (DORA). Proper sanitation and sterilization of medical equipment and cleaning of the surrounding office are strictly adhered to. Only single-use, disposable, factory-sterilized needles are utilized.

### Patient's Rights

The patient is entitled to receive information about the methods of therapy and techniques used, and the suggested duration of therapy, if known.

The patient may seek a second opinion from another health care professional or may terminate treatment at any time.

In a professional relationship, sexual intimacy is never appropriate and should be immediately reported to the Director of the Division of Registrations in the Department of Regulatory Agencies.

The practice of acupuncture is regulated by the Colorado Department of Regulatory Agencies (DORA). If you have comments, questions, or complaints, contact the Director of the Division of Professions and Occupations - Acupuncturist Licensure, 1560 Broadway, Suite 1350, Denver, CO 80202; Call 303-894-7800 or E-mail [dora\\_acupunctureboard@state.co.us](mailto:dora_acupunctureboard@state.co.us).

*I have read and understand this document.*

Patient Name \_\_\_\_\_ Date \_\_\_\_\_  
Patient Signature \_\_\_\_\_ Date \_\_\_\_\_



Regarding COVID-19, Boulder Bodyworks, LLC is taking extra precautions with the care of every client to include health history review and enhanced sanitation/disinfection procedures in accordance with Boulder, Colorado guidelines.

Symptoms of COVID-19 include:

- Fever
- Fatigue
- Dry Cough
- Difficulty Breathing

I agree to the following:

- I understand the above symptoms and affirm that I, as well as all household members, do not currently have, nor have experienced the symptoms listed above WITHIN THE LAST 14 DAYS.
- I affirm that I, as well as all household members, have not been diagnosed with COVID-19 WITHIN THE PAST 10 DAYS.
- I affirm that I, as well as all household members, have not knowingly been exposed to anyone diagnosed with COVID-19 WITHIN THE PAST 10 DAYS.

I understand that Boulder Bodyworks, LLC cannot be held liable for any exposure to the COVID-19 virus caused by misinformation on this form or the health history provided by each client.

If you have tested positive for Covid, The Boulder County Guidelines say "Isolate Until: You have had no fever for at least 24 hours — without the use of fever-reducing medicines, AND your symptoms are improving, AND it has been at least 5 days since your illness began. Wear a mask for the next 5 days when around others. If you are unable to wear a mask for an additional 5 days, you must isolate for the full 10 days."

### **Mask Policy Effective**

**Treatments with David and Elizabeth:** A KN95 or equivalent mask is required.

**Acupuncture, Massage Therapy & Manual Therapy:** A surgical mask, KN95 or equivalent or well fitted cloth mask is required.

**Mask Policy for Pilates:** Mask is optional.

**For our Pilates clients:** Please let us know if you have any questions. If you need to purchase a KN95 mask, we have them for purchase for \$3 each. We also have disposable medical masks available for no charge. We have medical grade air purifiers in each of the treatment rooms and in the Pilates area.

By signing below, I agree to each statement above as well as the other details of the waiver and release Boulder Bodyworks, LLC from any and all liability for the unintentional exposure or harm due to COVID-19 or any injury occurred while in the studio. Boulder Bodyworks, LLC and all instructors and staff members agree to abide by these standards and affirms the same.

(Signature of Client or Guardian): \_\_\_\_\_ Date: \_\_\_\_\_