NORTHERN CHIROPRACTIC, P.C.

PERSO	NAL	Thank You For Choo	GUARANTOR
First Name	M	Last_	Policy Holder (PH)
Nickname			Address
			CityState Zip
		nteZip	
			Gender □ Male □ Female Birth Date Age
Gender Male	☐ Female	Birth Date Age	Home Phone
			Employer (PH)
		work / co	Employer Phone
		Y N Phone	
			CityState Zip
Marital Status	☐ Single	Married Divorced W	idowed Insurance
Spouse			Call Benefits @
Emergency Conta			Contact
			Group Number
Whom may we that	nk for referring	Phoneyou to us?	ID/Claim #
			2nd Insurance
How did you cl ☐ Echo Magazine ☐ Good Deal Ma ☐ Office Sign	2	☐ Google ☐ Insurance PPO ☐ Location	d Sen d Spouse d Child d Sid Party d Other
□ Website□ Yelp		☐ Health Care Provider/De☐ Other	CONSENT TO TREAT MINOR
- resp		- one	I authorize Dr. Gregory Culbert to perform chiropractic care on
CAS			my child
Were you in an A	uto Accident?	Injury Date:	x
Were you in a Wo	rk related Injur	y? Injury Date:	
Will you be utiliz			
NO Insurance	Medicaid	Auto Med-Pay	AUTHORIZATION & ASSIGNMENT OF BENEFITS
Insurance	Medicare	Work Comp Ins.	I authorize the staff to perform any necessary services needed
Occupation			during diagnosis and treatment.
			I authorize the release of any medical information necessary to
			t di li v d i v p d i
		teZip	
			of the Treath Benefits, Wedical Remodischieft from a Tinid
Fax			to me. I understand this office only accepts assignment when
PAYMENT IS	DUE AT THE	TIME SERVICE IS RENDE	insurance pays directly.
		ATIENT'S PORTION WILI	BE:
☐ Cash☐ Check Debit	☐ Check	☐ Credit Card☐ Credit Balance☐	x
- CHECK DOOL	L .	- Cicuit Balance	Patient/Guarantor's Signature Date

GENTLE, EFFECTIVE HEALTHCARE FOR ALL AGES AND LIFESTYLES

PAST HEALTH HISTORY

Fractured/Broken Bones? When? Where?
Major Accidents or Falls? When?
Prior Surgeries? When?
Medications/Vitamins? Today?
Prior Diagnosis/Disease/Illness? When?
Allergies?Habits?
Medical doctor's name:
Are you under a doctor's care now? Why?
Is this your first visit to a Chiropractor? Yes No
Name/Address of former Chiropractor:
(Women) Are you pregnant or trying? Yes No Nursing? Yes No Taking birth control pills? Yes No
EXERCISE AND WORK
What type of exercise do you perform on a regular basis?
What do your daily work habits include? (sitting, standing, light labor, heavy labor, computer work):
EA MILW HISTORY
FAMILY HISTORY Has any member of your family had any of the following? List Polationship. Authoritie? Time?
Has any member of your family had any of the following? List Relationship Arthritis? Type? High Blood Pressure? Diabetes? Cancer? Type?
Heart Problems? Back or Neck Problems? Other?
PRESENT HEALTH HISTORY
Purpose of this chiropractic appointment: Examination Emergency Consultation
Date and time of injury: Location of injury:
What activity were you doing when injured? Symptoms developed from:
Symptoms developed from:
Were you hospitalized? Yes No Where?
Major complaints:
Have you had this complaint before? Explain:
Doctors seen for this ailment:
Type of Doctor: Diagnosis:
Treatment: Results:
Label area(s) of discomfort Comments/descriptions:
using arrows and
other descriptions as needed:
Pain: XXX
Numb: NNN
Burn: BBB
Spasm: SSS Tingly: TTT
Tingly: TTT $\left(\left(\left(\left(\right) \right) \right) \right) = \left($
<u> </u>

Oswestry Low Back Pain Scale

Instructions: Please circle the ONE NUMBER in each section which most closely describes your problem.

Section 1 - Pain Intensity

- 0. The pain comes and goes and is very mild.
- 1. The pain is mild and does not vary much.
- 2. The pain comes and goes and is moderate.
- 3. The pain is moderate and does not vary much.
- 4. The pain comes and goes and is severe.
- 5. The pain is severe and does not vary much.

Section 2 - Personal Care (Washing, Dressing, ect.)

- 0. I would not have to change my way of washing or dressing in order to avoid pain.
- 1. I do not normally change my way of washing or dressing even though it causes some pain.
- 2. Washing and dressing increase the pain but I manage not to change my way of doing it.
- 3. Washing and dressing increase the pain and I find it necessary to change my way of doing it.
- 4. Because of the pain I am unable to do some washing and dressing without help.
- 5. Because of the pain I am unable to do any washing and dressing without help.

Section 3 - Lifting

- 0. I can lift heavy weights without extra pain.
- 1. I can lift heavy weights but it gives extra pain.
- 2. Pain prevents me lifting heavy weights off the floor.
- 3. Pain prevents me lifting heavy weights off the floor, but I can manage if they are conveniently positioned.
- Pain prevents me lifting heavy weights but I can manage light to medium weights if they are conveniently positioned.
- 5. I can only lift very light weights at most.

Section 4 - Walking

- 0. I have no pain on walking.
- I have some pain on walking but it does not increase with distance.
- 2. I cannot walk more than 1 mile without increasing pain.
- 3. I cannot walk more than ½ mile without increasing pain.
- 4. I cannot walk more than ¼ mile without increasing pain.
- 5. I cannot walk at all without increasing pain.

Section 5 - Sitting

- 0. I can sit in any chair as long as I like.
- 1. I can sit only in my favorite chair as long as I like.
- 2. Pain prevents me from sitting more than 1 hour.
- 3. Pain prevents me from sitting more than ½ hour.
- 4. Pain prevents me from sitting more than 10 minutes.
- 5. I avoid sitting because it increases pain immediately.

Section 6 - Standing

- 0. I can stand as long as I want without pain.
- 1. I have some pain on standing but it does not increase with time.
- 2. I cannot stand for longer than 1 hour without increasing pain.
- 3. I cannot stand for longer than ½ hour without increasing pain.
- 4. I cannot stand for longer than 10 minutes without increasing pain.
- 5. I avoid standing because it increases the pain immediately.

Section 7 - Sleeping

- 0. I get no pain in bed.
- 1. I get pain in bed but it does not prevent me from sleeping well.
- 2. Because of pain my normal sleep is reduced by less than one-quarter.
- 3. Because of my pain my normal sleep is reduced by less than one-half.
- Because of my pain my normal sleep is reduced by less than threequarters.
- 5. Pain prevents me from sleeping at all.

Section 8 - Social Life

- 0. My social life is normal and gives me no pain.
- 1. My social life is normal but it increases the degree of pain.
- 2. Pain has no significant effect on my social life apart from limiting my more energetic interests, e.g. dancing, etc.
- 3. Pain has restricted my social life and I do not go out very often.
- 4. Pain has restricted my social life to my home.
- 5. I have hardly any social life because of the pain.

Section 9 - Traveling

- 0. I get no pain when traveling
- I get some pain when traveling but none of my usual forms of travel make it any worse.
- 2. I get extra pain while traveling but it does not compel me to seek alternate forms of travel.
- 3. I get extra pain while traveling which compels me to seek alternate forms of travel.
- 4. Pain restricts me to travel short necessary journeys under ½ hour.
- 5. Pain restricts all forms of travel.

Section 10 - Changing Degree of Pain

- 0. My pain is rapidly getting better.
- ${\bf 1.}\ \ {\bf My\ pain\ fluctuates\ but\ is\ definitely\ getting\ better}.$
- 2. My pain seems to be getting better but improvement is slow.
- 3. My pain is neither getting better or worse.
- 4. My pain is gradually worsening.
- 5. My pain is rapidly worsening.

TOTAL	E-MATERIAL CONTRACTOR OF THE C

Neck Disability Index

Name		Date	
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Instructions: Please circle the ONE NUMBER in each section which most closely describes your problem.

Section 1 - Pain Intensity

- 0. I have no pain at the moment.
- 1. The pain is mild at the moment.
- 2. The pain comes and goes and is moderate.
- 3. The pain is moderate and does not vary much.
- 4. The pain is severe but comes and goes.
- 5. The pain is severe and does not vary much.

Section 2 - Personal Care

- 0. I can look after myself without causing extra pain.
- 1. I can look after myself but it causes extra pain.
- 2. It is painful to look after myself and I am slow and careful.
- 3. I need some help, but manage most of my personal care.
- 4. I need help every day in most aspects of self-care.
- 5. I do not get dressed, I wash with difficulty and stay in bed.

Section 3 - Lifting

- 0. I can lift heavy weights without extra pain.
- 1. I can lift heavy weights but it causes extra pain.
- 2. Pain prevents me from lifting heavy weights off the floor, but I can if they are conveniently positioned.
- Pain prevents me from lifting heavy weights, but I can manage light to medium weights if they are conveniently positioned.
- 4. I can lift very light weights.
- 5. I cannot lift or carry anything at all.

Section 4 - Reading

- 0. I can read as much as I want to with no pain in my neck.
- 1. I can read as much as I want with slight pain in my neck.
- 2. I can read as much as I want with moderate neck pain.
- 3. I cannot read as much as I want because of moderate pain in my neck.
- 4. I cannot read as much as I want because of severe pain in my neck.
- 5. I cannot read at all.

Section 5 - Headache

- 0. I have no headaches at all.
- 1. I have slight headaches which come infrequently.
- 2. I have moderate headaches which come infrequently.
- 3. I have moderate headaches which come frequently.
- 4. I have severe headaches which come frequently.
- 5. I have headaches almost all the time.

Section 6 - Concentration

- 0. I can concentrate fully when I want to with no difficulty.
- 1. I can concentrate fully when I want to with slight difficulty.
- 2. I have a fair degree of difficulty in concentrating when I want to.
- 3. I have a lot of difficulty concentrating when I want to.
- 4. I have a great deal of difficulty in concentrating when I want to.
- 5. I cannot concentrate at all.

Section 7 - Work

- 0. I can do as much work as I want to.
- 1. I can only do my usual work, but no more.
- 2. I can do most of my usual work, but no more.
- 3. I cannot do my usual work.
- 4. I can hardly do any work at all.
- 5. I cannot do any work at all.

Section 8 - Driving

- 0. I can drive my car without neck pain.
- 1. I can drive my car as long as I want with slight pain in my neck.
- I can drive my car as long as I want with moderate pain in my neck.
- 3. I cannot drive my car as long as I want because of moderate pain in my neck.
- 4. I can hardly drive my car at all because of severe pain in my neck.
- 5. I cannot drive my car at all.

Section 9 - Sleeping

- 0. I have no trouble sleeping.
- 1. My sleep is slightly disturbed (less than 1 hour sleepless).
- 2. My sleep is mildly disturbed (1-2 hours sleepless).
- 3. My sleep is moderately disturbed (2-3 hours sleepless).
- 4. My sleep is greatly disturbed (3-5 hours sleepless).5. My sleep is completely disturbed (5-7 hours sleepless).

Section 10 - Recreation

- 0. I am able to engage in all recreational activities with no pain in my neck.
- I am able to engage in all recreational activities with some pain in my neck.
- 2. I am able to engage in most, but not all, recreational activities because of pain in my neck.
- 3. I am able to engage in a few of my usual recreational activities because of pain in my neck.
- 4. I can hardly do any recreational activities due to pain in my neck.
- 5. I cannot do any recreational activities at all.

TOTAL

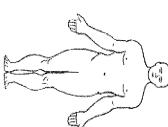
Daily Living Limitations

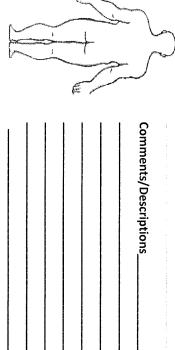
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Walking -Caring for family __ Looking over shoulder O Standing _ Rising out of chair _____O_ Driving car — Getting in/out of car Using a computer __ Climbing stairs -Bending over Lying Down þ **P** Effect No þ • Effect þ þ Moderate Effect Severe Effect Household chores What percentage do you feel your pain has improved since your last evaluation? _____ Exercising -Concentrating Staying asleep Getting sleep Yard work -Dressing myself Showering or bathing Reaching Overhead Lifting objects . Grocery shopping Effect o O Ó ¢ þ ø Effect Mild Effect Moderate t Effect Q Q O

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Electronic Health Records Intake Form

In compliance with Medicare requirements for the government EHR incentive program					
First Name:		Last Name:			
Email address:	@				
Preferred method of con	nmunication for patient re	minders (Circle one): Emai	l / Phone / Mail		
DOB://	iender (Circle one): Male	/ Female Preferred Lang	guage:		
Smoking Status (Circle or	ne): Every Day Smoker / Oc	ccasional Smoker / Former S	Smoker / Never Smoked		
CMS requires providers to	report both race and ethn	icity			
Race (Circle one): American Indian or Alaska Native / Asian / Black or African American / White (Caucasian) Native Hawaiian or Pacific Islander / Other / I Decline to Answer					
Ethnicity (Circle one): Hispanic or Latino / Not Hispanic or Latino / I Decline to Answer					
Are you currently taking any medications? (Please include regularly used over the counter medications)					
Medicatio	n Name	Dosage and Frequency (i.e.	e: 5mg once a day, etc.)		
Do you have any medication allergies?					
Medication Name	Reaction	Onset Date	Additional Comments		
These summaries are often blank as a					
result of the nature an	d frequency of chiropractic	care.)			
Patient Signature:			Date: @		
For office use only Height:	Weight:	Blood Pressure:	/		

FINANCIAL AGREEMENT

INSURANCE

As a courtesy to our patients, Northern Chiropractic will bill your health insurance. Also as a courtesy we will verify benefits with your insurance company; this does not guarantee payment for services and is highly recommended that you double check your own benefits with your insurance company either in your plan booklet, online or by calling your insurance company. To process insurance claims quicker, please call your insurance company to answer any questionnaires. Even though an insurance claim is filed, the patient will receive a statement each month indicating the amount owed. This office cannot accept responsibility for collecting your insurance claim, claims denied for medical necessity or for negotiating a settlement on a disputed claim. We expect payment of the portion not covered by your insurance company. All co-pays and fees are due at the time of service. For your convenience, Northern Chiropractic accepts CASH, CHECK, VISA, MASTERCARD and DISCOVER. If needed, financial arrangements are available. Financial arrangements must be discussed and approved.

VA

Northern Chiropractic accepts VA authorizations/referrals. It is the job of the patient to initiate the referral from the VA. As a provider we can request date extensions on already established authorizations, but we cannot request additional visits beyond 26 visits; additional visits must be requested by the veteran. We are unable to schedule additional visits within our office until the additional visits are approved. If you choose to schedule additional visits with the chiropractor or massage therapists you are financially responsible for those visits if they go unpaid by the VA.

NON-INSURED/CASH

All fees are due at the time of service. For your convenience, Northern Chiropractic accepts CASH, CHECK, VISA and MASTERCARD. If needed financial arrangements are available. Financial arrangements must be discussed and approved.

WORKERS'COMPENSATION

Chiropractic services are covered by Workers' Compensation law, and you should be covered 100%, as long as your employer is aware you were injured on the job and you have completed the necessary required paperwork. We will bill your Workers' Compensation Carrier. However, should a controversion arise, please be advised you are responsible for any outstanding amounts. If needed, Northern Chiropractic will assist you with any claims filed as much as possible.

MEDICARE

It is Federal Law that we charge for all services provided. Medicare does not pay for X-rays, examinations, physical therapy, maintenance care, supplements or supplies when ordered and delivered by a chiropractic physician. There may be other non-covered services you will be responsible for. If you have a supplemental insurance policy that covers chiropractic we will bill them for you if Medicare does not. All co-pays and fees are due at the time of service. For your convenience, Northern Chiropractic accepts CASH, CHECK, VISA and MASTERCARD. If needed financial arrangements are available. Financial arrangements must be discussed and approved.

MEDICAID

Dr. Culbert is a participating Medicaid provider and will bill covered services as a courtesy as long as we have your current information on file, and you provide us with a copy of your monthly eligibility coupon or Denali Kid Care card. All co-pays and fees are due at the time of service. Examinations, any x-rays and adjustments NOT related to the spine and any physical therapy modalities are NOT covered by Medicaid and are the patient/guardian's financial responsibility. For your convenience, Northern Chiropractic accepts CASH, CHECK, VISA, MASTERCARD and DISCOVER. If needed financial arrangements are available. Financial arrangements must be discussed and approved.

IT MUST BE UNDERSTOOD

- 1. Northern Chiropractic **DOES NOT** guarantee that an insurance company will pay. Nor does the clinic promise that an insurance company should pay the fees as charged.
- 2. Northern Chiropractic will not enter into a dispute with an insurance company for a reimbursement or the amount of reimbursement. The contract is between the patient and the insurance company, therefore, it is the patient's responsibility to see to it the insurance company pays its portion.

Patient/Guardian Signature:		Date:	***************************************	
Witness:	Date:			

Informed Consent Document

Please read this entire document prior to signing it. It is important that you understand the information contained in this document. Please ask questions before you sign if there is anything that is unclear.

The nature of the chiropractic adjustment.

Deep tissue massage

The primary treatment that I use as a Doctor of Chiropractic is spinal manipulative therapy. I will use that procedure to treat you. I may use my hands or a mechanical instrument upon your body in such a way as to move your joints. That may cause an audible "pop" or "click," much as you have experienced when you "crack" your knuckles. You may feel a sense of movement.

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As a part of the analysis, examination	on and treatment, you are conse	enting to some or all	of the following procedures:
Spinal manipulative therapy	Palpation	Vital Signs	Range of motion testing
Orthopedic testing	Postural analysis	Ultrasound	Basic neurological tests
Muscle strength testing	Radiographic studies	FMS	Hot/cold therapy

Manual therapy

The material risks inherent in chiropractic adjustment.

As with any other healthcare procedure, there are certain complications which may arise during chiropractic manipulation and therapy. These complications include, but are not limited to: fractures, disc injuries, dislocations, muscle strain, cervical myelopathy, costovertebral strains and separations, and burns. Some types of manipulation of the neck have been associated with injuries to the arteries in the neck leading to or contributing to serious complications including stroke. Some patients will feel stiffness and soreness following the first few days of treatment. I will make every reasonable effort during the examination to screen for contraindications to care; however, if you have a condition that would not otherwise come to my attention, it is your responsibility to inform me.

The probability of those risks occurring.

Fractures are rare occurrences and generally result from some underlying weakness of the bone which I check for during the taking of your history and during examination and X-ray. Stroke has been the subject of tremendous disagreement. The incidences of stroke are exceedingly rare and are estimated to occur between one in one million and one in five million cervical adjustments. The other complications are also generally described as rare.

The availability and nature or other treatment options.

Other treatment options for your condition may include:

- Self-administered, over the counter analgesics and rest.
- · Medical care and prescription drugs such as anti-inflammatory, muscle relaxants and pain killers.
- Hospitalization
- Surgery

If you chose to use one of the above noted "other treatment" options, you should be aware that there are risks and benefits of such options and you may wish to discuss these with your primary care physician.

The risks and dangers attendant to remaining untreated.

Remaining untreated may allow the formation of adhesions and reduce mobility, which may set up a pain reaction further reducing mobility. Over time this process may complicate treatment making it more difficult and less effective the longer it is postponed.

DO NOT SIGN UNTIL YOU HAVE READ AND UNDERSTAND THE ABOVE. PLEASE CHECK THE APPROPRIATE BLOCK AND SIGN BELOW.

I have read [] or have had read to me [] the above explanation of the chiropractic adjustment and related
treatment. I have discussed it with Dr. Gregory Culbert and have had my questions answered to my satisfaction. By
signing below I state that I have weighed the risks involved in undergoing treatment and have decided that it is in
my best interest to undergo the treatment recommended. Having been informed of the risks, I hereby give my
consent to that treatment.

Dated:	Dated:
Patient's Name:	Doctor's Name:
Signature:	Signature:
Signature of Parent or Guardian (if a minor):	

NORTHERN CHIROPRACTIC, PC

Authorization for Use and Disclosure of Protected Health Information

	y authorizetected health informa	ation as described below to:		to use and/or disclose	
• .	and address of recipie		hironractic	PC	
(аааооо ооо.р.с	11723 Old Glenn Highway,			
for the	following purposes: (erent purposes, the au	describe each purpose of use/disclo	sure - If dis	closing different types of information below each type of information is being disclosed.)	
l under	stand that:				
1)					
2)	WITHOUT AFFECTING MY HEALTH CARE OR THE PAYMENT FOR MY HEALTH CARE				
3)	used and/or disclosed under this authorization (if allowed by state and federal law. See 45 CFR § 164.524).				
3)	forth in the Notice of Privacy Practices. However, it will not affect any actions taken before the revocation was received or actions taken in reliance thereon, or if the authorization was obtained as a condition of obtaining insurance coverage and other applicable law provides the insurer with the right to contest a claim				
4)	however, if the per clearinghouse or h	son or organization authorized to r ealth care provider, federal law (HI	eceive the i PAA) requi	entiality of my protected health information; information is not a health plan, health care res me to be advised that information used disclosure and may no longer be protected	
Market ☐ If thi disc	is box has been ched	cked by the practice, I understand to for marketing purposes.	hat the pra	ctice will receive compensation for using or	
Туре о	f Information to Be	Disclosed			
Office Billing Den Laber Path	re Medical Record ce Chart Notes ng Statements tal Records oratory Reports nology Reports sultation charge Summary		Records	☐ Radiology Reports ☐ Operative Reports ☐ Other	
In addit	ion, I authorize that t	his will include health information r	elating to (check if applicable):	
☐ HIV/	AIDS infection	☐ Drug/Alcohol abuse ☐	Genetic T	esting	
Expirat This au		e 180 days from the date of signing	or (insert	date)	
Patient	Name:		Patie	nt ID #:	
Signature of Patient or Legal Representative		Date			
Printed Name of Patient's Representative (if applicable)		Pa Co Exe	cionship to Patient (<i>if applicable</i>) rent or guardian of unemancipated minor urt appointed guardian ecutor or administrator of decedent's estate wer of Attorney		
Signature of Witness		Date			

NORTHERN CHIROPRACTIC, PC

Acknowledgement of Receipt of Notice of Privacy Practices

Patient Name:		Patient ID #:		
I hereby acknowledge that I ha Practices. I understand that I l	ve received a copy of NORTHE nave the right to refuse to sigr	ERN CHIROPRACTIC, PC's Notice of Privacy n this acknowledgement if I so choose.		
Signature of Patient or Legal R	epresentative	Date		
Printed Name of Patient's Repr	esentative (<i>if applicable</i>)	Relationship to Patient (if applicable) Parent or guardian of unemancipated minor Court appointed guardian Executor or administrator of decedent's estate Power of Attorney		
		FOR OFFICE USE ONLY		
☐ Patient/representativ ☐ Emergency situation (will attempt again a	but acknowledgment could refused to sign prevented us from obtaining act a later date)	knowledgement at this time		
Communication barr	iers prohibited obtaining acknow	rledgement (Explain)		