



Community Wellness on Adams Ave

3239 Adams Avenue
San Diego, CA 92116
Phone - 619-546-4806
Fax - 619-546-5326

Email - adamsave@communitywellness.org

www.communitywellness.org



This is a CONFIDENTIAL questionnaire to determine the most appropriate treatment plan for you.

Name: \_\_\_\_\_ Date \_\_\_\_\_ Date of Birth: \_\_\_\_\_
Home Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_
Zip: \_\_\_\_\_ Email Address: \_\_\_\_\_
Phone: \_\_\_\_\_ In Case of Emergency Name: \_\_\_\_\_
Pregnant? [ ] Y [ ] N # of Weeks? \_\_\_\_\_ Height: \_\_\_\_\_ Weight: \_\_\_\_\_ Emergency Phone: \_\_\_\_\_

Do you have Insurance? [ ] Y [ ] N Medicare? [ ] Y [ ] N Medi-Cal: [ ] Y [ ] N TriCare? [ ] Y [ ] N Flex Spending? [ ] Y [ ] N

Preferred Pronoun: [ ] He / [ ] She / [ ] They
[ ] Other: \_\_\_\_\_

Gender Identity: (Check as many as appropriate)

- [ ] Female
[ ] Male
[ ] Trans Female (MTF)
[ ] Trans Male (FTM)
[ ] Non-Binary
[ ] Other \_\_\_\_\_

How did you hear about our clinic ?

- [ ] Google
[ ] Yelp
[ ] Social Media
[ ] Outreach (Event / Free Clinic / Company
Wellness Program)
[ ] Referral (insurance / doctor)
[ ] Other
(please list): \_\_\_\_\_

Have you previously had Acupuncture?

[ ] Yes [ ] No

Have you previously had Chiropractic care?

[ ] Yes [ ] No

Have you had previous Massage Therapy?

[ ] Yes [ ] No

Have you previously seen a Naturopathic Doctor?

[ ] Yes [ ] No

We offer a SLIDING SCALE if you'd like to share:

Annual Household Income: \_\_\_\_\_

Family Size: \_\_\_\_\_

Take a further 10% discount for the following with proof:

- [ ] Disabled
[ ] Student
[ ] Military
[ ] Senior (62 years or older)
[ ] Adams Avenue Business Associate
[ ] Employee Friends and Family
(please specify \_\_\_\_\_)

Please check your reason(s) for coming in today.

(check all that apply):

- [ ] Pain Management (headache, injury, etc)
[ ] Mental Health (depression, anxiety, ADD, etc)
[ ] Hormonal Imbalances (infertility, acne, etc)
[ ] Digestive Problems (IBS, gluten/dairy/sugar
sensitivities, heartburn, etc)
[ ] Virus or Infection
[ ] Allergies
[ ] Insomnia
[ ] Weight Loss
[ ] Wellness Care/Prevention/Relaxation
[ ] Addiction (alcohol, cigarettes, drugs, etc)
[ ] Injury (sports, automobile, fall, etc)
[ ] Other: \_\_\_\_\_

I understand that work done at Alternative Healing Network, dba Community Wellness on Adams Ave, dba Community Wellness Collaborative may not be covered under some insurance policies. Alternative Healing Network accepts insurance payments ONLY when eligibility has been confirmed prior to the beginning of your treatment. You may request a "Superbill" during your visit to submit to your insurance company for possible reimbursement. There is a 3-5 day processing period for all Superbills, or up to 7 days if requesting them AFTER initial date of service. Alternative Healing Network does not guarantee you will receive reimbursement for any payments made for services, products, or packages

All payments for services rendered are due at the time of service, unless prior arrangements have been made.

Patient Signature (Guarantor): \_\_\_\_\_ Date: \_\_\_\_\_

**ALL PATIENTS**

<b>Chief Complaints</b> Why are you seeking care?	When did this first become an issue?	What do you think caused this?	How severe is it on a scale of 1-10? (1 = mild; 10=very severe)	What makes it better? What makes it worse?	What have you tried so far for relief?

1. Past Medical History including accidents, surgeries (including cosmetic), and hospitalizations:

	Date: _____
	Date: _____
	Date: _____
	Date: _____
	Date: _____

2. Please list all medications, herbs, supplements and over-the-counter drugs:

What are you taking?	Dosage	Reason	How long?	Prescribed by	Advised to take (but not)

**ALL ACUPUNCTURE, CHIROPRACTIC & NATUROPATHIC MEDICAL PATIENTS**

3. Please list all Allergies: \_\_\_\_\_  
 Food Cravings: \_\_\_\_\_ Food Sensitivities: \_\_\_\_\_  
 Special Diets (Vegan, Vegetarian, Gluten Free, etc): \_\_\_\_\_

4. Please indicate any illnesses you or a blood relative (parent, grandparent, or sibling) have had:

	You	Relative	Who?		You	Relative	Who?
Cancer	<input type="checkbox"/>	<input type="checkbox"/>	_____	Diabetes	<input type="checkbox"/>	<input type="checkbox"/>	_____
Hepatitis	<input type="checkbox"/>		_____	Heart Disease	<input type="checkbox"/>	<input type="checkbox"/>	_____
High Blood Pressure	<input type="checkbox"/>	<input type="checkbox"/>	_____	Seizures	<input type="checkbox"/>	<input type="checkbox"/>	_____
Mental Illness	<input type="checkbox"/>	<input type="checkbox"/>	_____	Tuberculosis	<input type="checkbox"/>	<input type="checkbox"/>	_____
Depression/Anxiety	<input type="checkbox"/>	<input type="checkbox"/>	_____	Arthritis	<input type="checkbox"/>	<input type="checkbox"/>	_____
Alcoholism	<input type="checkbox"/>	<input type="checkbox"/>	_____	High Cholesterol	<input type="checkbox"/>	<input type="checkbox"/>	_____
Stroke	<input type="checkbox"/>	<input type="checkbox"/>	_____	Auto-immune disease	<input type="checkbox"/>	<input type="checkbox"/>	_____
Osteoporosis	<input type="checkbox"/>	<input type="checkbox"/>	_____	Allergies	<input type="checkbox"/>	<input type="checkbox"/>	_____
Thyroid Dysfunction	<input type="checkbox"/>	<input type="checkbox"/>	_____	Asthma	<input type="checkbox"/>	<input type="checkbox"/>	_____
Sexually Transmitted Diseases:	<input type="checkbox"/> Gonorrhea <input type="checkbox"/> Syphilis <input type="checkbox"/> HIV <input type="checkbox"/> HPV <input type="checkbox"/> Chlamydia <input type="checkbox"/> Herpes						

5. How would you rate these significant stressors?

	Extremely Stressful	Moderately Stressful	Not Stressful at All
Work/School	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Family Matters	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Moving	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Relationship/Marriage	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Finances	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Health Status	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Other (please list): _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

6. What do you do to manage your stress or health condition now?

Check all that apply.

- |                           |                          |                            |                                |
|---------------------------|--------------------------|----------------------------|--------------------------------|
| <b>Exercise</b>           | <input type="checkbox"/> | <b>Herbs</b>               | <input type="checkbox"/>       |
| <b>Yoga/Meditate</b>      | <input type="checkbox"/> | <b>Supplements</b>         | <input type="checkbox"/>       |
| <b>Massage</b>            | <input type="checkbox"/> | <b>Friends</b>             | <input type="checkbox"/>       |
| <b>Family time</b>        | <input type="checkbox"/> | <b>TV/Media</b>            | <input type="checkbox"/>       |
| <b>Personal Time/Rest</b> | <input type="checkbox"/> | <b>Alcohol/Drugs</b>       | <input type="checkbox"/>       |
| <b>Medication</b>         | <input type="checkbox"/> | <b>Other (please list)</b> | <input type="checkbox"/> _____ |

7. What is your current level of physical activity?

- |                                 |                          |                              |                          |
|---------------------------------|--------------------------|------------------------------|--------------------------|
| <b>Not physically active</b>    | <input type="checkbox"/> | <b>Less than 1 hour/week</b> | <input type="checkbox"/> |
| <b>Less than 30 minutes/day</b> | <input type="checkbox"/> | <b>30 minutes-1 hour/day</b> | <input type="checkbox"/> |
| <b>More than 1 hour/day</b>     | <input type="checkbox"/> |                              |                          |

8. What type of physical activity do you do? \_\_\_\_\_  
\_\_\_\_\_

9. What time do you generally go to bed? \_\_\_\_\_; Wake up? \_\_\_\_\_

10. Do you wake up during the night?  Yes  No **How many times?** \_\_\_\_\_

**How long does it take to get back to sleep?** \_\_\_\_\_ **Do you wake rested?** \_\_\_\_\_

11. What is your energy level?

- |                  | <b>Morning</b>           | <b>Midday</b>            | <b>Evening</b>           | <b>after Meals</b>       |
|------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| <b>Very Low</b>  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| <b>Low</b>       | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| <b>Medium</b>    | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| <b>High</b>      | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| <b>Very High</b> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

13. Please indicate the use and frequency of the following:

**Coffee/Black Tea:** \_\_\_\_\_ **Tobacco:** \_\_\_\_\_ **Vaping:** \_\_\_\_\_ **Daily Water:** \_\_\_\_\_  
**Recreational Drugs:** \_\_\_\_\_ **Alcohol:** \_\_\_\_\_ **Soft Drinks:** \_\_\_\_\_

14. Do you drink alcohol ?  Yes  No

How much? \_\_\_\_\_  Daily  Weekly  Monthly

15. Do you smoke cigarettes or vape ?

Never

Used to  **when did you quit?** \_\_\_\_\_ **how much did you used to smoke?** \_\_\_\_\_

Yes  **How much do you smoke now?** \_\_\_\_\_

For Men/ Assigned Male at Birth

**Date of last prostate checkup:** \_\_\_\_\_ **PSA Results:** \_\_\_\_\_

**Lab Results:** \_\_\_\_\_ **Frequency of urination: daytime** \_\_\_\_\_ **nighttime** \_\_\_\_\_

**Color of urine:**  Clear  Murky **Urine Odor:** \_\_\_\_\_

**Symptoms related to prostate:**

- |   |   |   |  |   |
|---|---|---|--|---|
| <input type="checkbox"/> Prostate problems  | <input type="checkbox"/> Delayed stream   | <input type="checkbox"/> Dribbling        | <input type="checkbox"/> Incontinence          | <input type="checkbox"/> Retention of urine |
| <input type="checkbox"/> Rectal dysfunction | <input type="checkbox"/> Increased libido | <input type="checkbox"/> Decreased libido | <input type="checkbox"/> Premature ejaculation | <input type="checkbox"/> Impotence          |
| <input type="checkbox"/> Back pain          | <input type="checkbox"/> Groin pain       | <input type="checkbox"/> Testicular pain  | <input type="checkbox"/> Other: _____          |   |

For Women / Assigned Female at Birth

Age of 1<sup>st</sup> period: \_\_\_\_\_ Are you pregnant?  Y  N # of pregnancies/abortions: \_\_\_\_\_  
 Age of last period: \_\_\_\_\_ # of live births: \_\_\_\_\_ # of miscarriages: \_\_\_\_\_  
 Number of days between periods: \_\_\_\_\_ Have you ever had an abnormal pap smear? \_\_\_\_\_  
 Number of days of flow: \_\_\_\_\_ Color of flow: \_\_\_\_\_ Blood Clots?  Y  N  
 How many tampons/pads do you use per day?  
 Day 1: \_\_\_\_\_ Day 2: \_\_\_\_\_ Day 3: \_\_\_\_\_ Day 4: \_\_\_\_\_ Day 5: \_\_\_\_\_ Day 6: \_\_\_\_\_ Day 7: \_\_\_\_\_  
 Ever been diagnosed with:  Fibroids  Fibrocystic Breasts  Endometriosis  Ovarian Cysts  PID  
 Other: \_\_\_\_\_  
 Location of any menstrual pain:  Lower abdomen  Lower back  Thighs  Other: \_\_\_\_\_  
 Nature of Pain (Please indicate before, during or after menses) Other symptoms related to menses:  
 Cramping: \_\_\_\_\_ Stabbing: \_\_\_\_\_  Discharge  Vaginal dryness  Headache  
 Burning: \_\_\_\_\_ Aching: \_\_\_\_\_  Nausea  Constipation  Diarrhea  
 Dull: \_\_\_\_\_ Bloating: \_\_\_\_\_  Mood Swings  Hot Flashes  Insomnia  
 Bearing down sensation: \_\_\_\_\_  Night Sweats  Swollen Breasts  
 Decreased libido  Increased libido Appetite during menses:  Consistent  Intermittent  Poor  Ravenous

Symptom Survey ( for EVERYONE )

The following is a list of common symptoms.  
 Please indicate how often you experience the following :

NO MARK = never experience	1 = sometimes experience	2 = frequently experience
_____ Lack of appetite	_____ Pain or coldness in the genital area	_____ Spasms or twitching of muscles
_____ Excessive appetite	_____ Cough	_____ Low back pain
_____ Loose stool or diarrhea	_____ Shortness of breath	_____ Knee problems
_____ Indigestion	_____ Decreased sense of smell or taste	_____ Ear ringing
_____ Vomiting	_____ Nasal problems	_____ Kidney stones or infection
_____ Belching, burping	_____ Skin problems	_____ Decreased sex drive
_____ Heartburn/acid reflux	_____ Feeling of claustrophobia	_____ Hair loss
_____ Feeling the retention of food in the stomach	_____ Bronchitis	_____ Urinary problems
_____ Tendency to become obsessive in work, relationships...	_____ Colitis or diverticulitis	_____ Fatigue
_____ Difficulty sleeping	_____ Constipation	_____ Edema
_____ Heart palpitations	_____ Hemorrhoids	_____ Blood in stool
_____ Cold hands and feet	_____ Recent antibiotic use	_____ Black tarry stool
_____ Nightmares	_____ Eye problems	_____ Easily bruised
_____ Mentally restless	_____ Jaundice (yellowish eyes or skin)	_____ Difficult to stop bleeding
_____ Laughing for no apparent reason	_____ Difficulty digesting oily foods	_____ Asthma
_____ Angina pains	_____ Gall stones	_____ Tendency to catch colds easily
_____ Abdominal pain	_____ Light colored stool	_____ Intolerance to weather changes
_____ Chest pain	_____ Soft or brittle nails	_____ Allergies
_____ Sciatic pain	_____ Easily angered or agitated	_____ Hay fever
_____ Headaches	_____ Difficulty in making plans or decisions easily	_____ Dizziness
		_____ Tendency to faint easily
		_____ High cholesterol levels
		_____ Sudden weight loss

# Policies and Responsibilities

## Cancellation Policy

- Community Wellness Collaborative requires 24 hours' cancellation for all appointments; patients **cancelling within this period will be charged the price of all appointments, up to \$45/appointment, to the credit card on file. Members may opt to use a "member credit" to cover the full cost of this fee.**
- **Because we understand unexpected situations may arise, we will extend forgiveness for ONE cancellation within 24 hours.**
- **You will not be charged the \$45 late cancellation fee if we are able to fill your spot or you are able to reschedule on the same day, with the same clinician.**
- **For services that cost less than \$45, the cancellation fee will be equal to that of the booked appointment. Please note that your co-pay does not represent the complete cost of your service. All Insurance visits will incur a \$45 cancellation fee if a fee is to be charged.**
- **If there are 3 or more cancellations/last minute reschedules within 6 months, the patient may lose the ability to schedule appointments earlier than 48 hours in advance.**

\_\_\_\_ I have read and agree to Community Wellness Collaborative's cancellation policies  
(Initial)

## Privacy

- **Your confidentiality is important to us. None of your personal information is shared or disclosed outside of our clinical team without your express written permission. If you happen to overhear someone else's private information, do not share this information with others. We ask that you show the same respect for others as you would expect for yourself.**

\_\_\_\_ I have read and agree to Community Wellness Collaborative's privacy policy  
(Initial)

## Payments

- **Fees for all services, nutritional and herbal products, and other items are due and payable at the time items are received or special ordered. All special orders may require shipping and handling charges (if applicable) and all retail and shipping costs are due and payable prior to ordering.**
- **All services, nutritional and herbal products, orthotics and all other items are non-refundable.**
- **Fees will be assessed on checks returned for any reason at the maximum amount allowed by the state.**
- **By signing this agreement you agree to accept full financial responsible for any and all charges incurred at Community Wellness Collaborative .**
- **All services are considered fee-for-service and payment is due at the time of service.**
- **If you have a copay for your treatment, coverage must be verified prior to the delivery of your treatment.**

\_\_\_\_ I have read and agree to Community Wellness Collaborative's payment policies.  
(Initial)

I have read, or have had read to me, the above terms of Policies and Responsibilities Agreement. I have had the opportunity to have any questions answered to my satisfaction. I agree to and accept fully these terms of agreement.

Patient (Guarantor) Signature \_\_\_\_\_ Date: \_\_\_\_\_

Community Wellness Collaborative  
3239 Adams Avenue  
San Diego CA 92116  
619-546-4806

# Informed Consent to Care

You are the decision maker for your health care. Part of our role is to provide you with information to assist you in making informed choices. This process is often referred to as "informed consent" and involves your understanding and agreement regarding the care we recommend, the benefits and risks associated with the care, alternatives, and the potential effect on your health if you choose not to receive the care.

We may conduct some diagnostic or examination procedures if indicated. Any examinations or tests conducted will be carefully performed but may be uncomfortable.

Chiropractic care centrally involves what is known as a chiropractic adjustment. There may be additional supportive procedures or recommendations as well. When providing an adjustment, we use our hands or an instrument to reposition anatomical structures, such as vertebrae. Potential benefits of an adjustment include restoring normal joint motion, reducing swelling and inflammation in a joint, reducing pain in the joint, and improving neurological functioning and overall well-being.

It is important that you understand, as with all health care approaches, results are not guaranteed, and there is no promise to cure. As with all types of health care interventions, there are some risks to care, including, but not limited to: muscle spasms, aggravating and/or temporary increase in symptoms, lack of improvement of symptoms, burns and/or scarring from electrical stimulation and from hot or cold therapies, including but not limited to hot packs and ice, fractures (broken bones), disc injuries, strokes, dislocations, strains, and sprains. With respect to strokes, there is a rare but serious condition known as an "arterial dissection" that typically is caused by a tear in the inner layer of the artery that may cause the development of a thrombus (clot) with the potential to lead to a stroke. The best available scientific evidence supports the understanding that chiropractic adjustment does not cause a dissection in a normal, healthy artery. Disease processes, genetic disorders, medications, and vessel abnormalities may cause an artery to be more susceptible to dissection. Strokes caused by arterial dissections have been associated with over 72 everyday activities such as sneezing, driving, and playing tennis.

Arterial dissections occur in 3-4 of every 100,000 people whether they are receiving health care or not. Patients who experience this condition often, but not always, present to their medical doctor or chiropractor with neck pain and headache. Unfortunately a percentage of these patients will experience a stroke.

The reported association between chiropractic visits and stroke is exceedingly rare and is estimated to be related in one in one million to one in two million cervical adjustments. For comparison, the incidence of hospital admission attributed to aspirin use from major GI events of the entire (upper and lower) GI tract was 1219 events/ per one million persons/year and risk of death has been estimated as 104 per one million users.

It is also important that you understand there are treatment options available for your condition other than chiropractic procedures. Likely, you have tried many of these approaches already. These options may include, but are not limited to: self-administered care, over-the-counter pain relievers, physical measures and rest, medical care with prescription drugs, physical therapy, bracing, injections, and surgery. Lastly, you have the right to a second opinion and to secure other opinions about your circumstances and health care as you see fit.

I have read, or have had read to me, the above consent. I appreciate that it is not possible to consider every possible complication to care. I have also had an opportunity to ask questions about its content, and by signing below, I agree with the current or future recommendation to receive chiropractic care as is deemed appropriate for my circumstance. I intend this consent to cover the entire course of care from all providers in this office for my present condition and for any future condition(s) for which I seek chiropractic care from this office.

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

Parent or Guardian: \_\_\_\_\_ Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Witness Name: \_\_\_\_\_ Signature: \_\_\_\_\_ Date: \_\_\_\_\_

PATIENT NAME:

### ARBITRATION AGREEMENT

**Article 1: Agreement to Arbitrate:** It is understood that any dispute as to medical malpractice, that is as to whether any medical services rendered under this contract were unnecessary or unauthorized or were improperly, negligently or incompetently rendered, will be determined by submission to arbitration as provided by California law, and not by a lawsuit or resort to court process except as state and federal law provides for judicial review of arbitration proceedings. Both parties to this contract, by entering into it, are giving up their constitutional right to have any such dispute decided in a court of law before a jury, and instead are accepting the use of arbitration.

**Article 2: All Claims Must be Arbitrated:** It is also understood that any dispute that does not relate to medical malpractice, including disputes as to whether or not a dispute is subject to arbitration, will also be determined by submission to binding arbitration. It is the intention of the parties that this agreement bind all parties as to all claims, including claims arising out of or relating to treatment or services provided by the health care provider including any heirs or past, present or future spouse(s) of the patient in relation to all claims, including loss of consortium. This agreement is also intended to bind any children of the patient whether born or unborn at the time of the occurrence giving rise to any claim. This agreement is intended to bind the patient and the health care provider and/or other licensed health care providers or preceptorship interns who now or in the future treat the patient while employed by, working or associated with or serving as a back-up for the health care provider, including those working at the health care provider's clinic or office or any other clinic or office whether signatories to this form or not.

All claims for monetary damages exceeding the jurisdictional limit of the small claims court against the health care provider, and/or the health care provider's associates, association, corporation, partnership, employees, agents and estate, must be arbitrated including, without limitation, claims for loss of consortium, wrongful death, emotional distress, injunctive relief, or punitive damages.

**Article 3: Procedures and Applicable Law:** A demand for arbitration must be communicated in writing to all parties. Each party shall select an arbitrator (party arbitrator) within thirty days and a third arbitrator (neutral arbitrator) shall be selected by the arbitrators appointed by the parties within thirty days thereafter. The neutral arbitrator shall then be the sole arbitrator and shall decide the arbitration. Each party to the arbitration shall pay such party's pro rata share of the expenses and fees of the neutral arbitrator, together with other expenses of the arbitration incurred or approved by the neutral arbitrator, not including counsel fees, witness fees, or other expenses incurred by a party for such party's own benefit.

Either party shall have the absolute right to bifurcate the issues of liability and damage upon written request to the neutral arbitrator.

The parties consent to the intervention and joinder in this arbitration of any person or entity that would otherwise be a proper additional party in a court action, and upon such intervention and joinder any existing court action against such additional person or entity shall be stayed pending arbitration.

The parties agree that provisions of the California Medical Injury Compensation Reform Act shall apply to disputes within this arbitration agreement, including, but not limited to, sections establishing the right to introduce evidence of any amount payable as a benefit to the patient as allowed by law (Civil Code 3333.1), the limitation on recovery for non-economic losses (Civil Code 3333.2), and the right to have a judgment for future damages conformed to periodic payments (CCP 667.7). The parties further agree that the Commercial Arbitration Rules of the American Arbitration Association shall govern any arbitration conducted pursuant to this Arbitration Agreement.

**Article 4: General Provision:** All claims based upon the same incident, transaction or related circumstances shall be arbitrated in one proceeding. A claim shall be waived and forever barred if (1) on the date notice thereof is received, the claim, if asserted in a civil action, would be barred by the applicable legal statute of limitations, or (2) the claimant fails to pursue the arbitration claim in accordance with the procedures prescribed herein with reasonable diligence.

**Article 5: Revocation:** This agreement may be revoked by written notice delivered to the health care provider within 30 days of signature and if not revoked will govern all professional services received by the patient and all other disputes between the parties.

**Article 6: Retroactive Effect:** If patient intends this agreement to cover services rendered before the date it is signed (for example, emergency treatment) patient should initial here. \_\_\_\_\_. Effective as the date of first professional services.

If any provision of this Arbitration Agreement is held invalid or unenforceable, the remaining provisions shall remain in full force and shall not be affected by the invalidity of any other provision. I understand that I have the right to receive a copy of this Arbitration Agreement. By my signature below, I acknowledge that I have received a copy.

**NOTICE: BY SIGNING THIS CONTRACT YOU ARE AGREEING TO HAVE ANY ISSUE OF MEDICAL MALPRACTICE DECIDED BY NEUTRAL ARBITRATION AND YOU ARE GIVING UP YOUR RIGHT TO A JURY OR COURT TRIAL. SEE ARTICLE 1 OF THIS CONTRACT.**

PATIENT SIGNATURE **X** (Date)  
(Or Patient Representative) (Indicate relationship if signing for patient)

OFFICE SIGNATURE **X** (Date)

ALSO SIGN THE INFORMED CONSENT ON REVERSE SIDE



## ACUPUNCTURE INFORMED CONSENT TO TREAT

I hereby request and consent to the performance of acupuncture treatments and other procedures within the scope of the practice of acupuncture on me (or on the patient named below, for whom I am legally responsible) by the acupuncturist named below and/or other licensed acupuncturists who now or in the future treat me while employed by, working or associated with or serving as back-up for the acupuncturist named below, including those working at the clinic or office listed below or any other office or clinic, whether signatories to this form or not.

I understand that methods of treatment may include, but are not limited to, acupuncture, moxibustion, cupping, electrical stimulation, Tiu-Na (Chinese massage), Chinese herbal medicine, and nutritional counseling. I understand that the herbs may need to be prepared and the teas consumed according to the instructions provided orally and in writing. The herbs may be an unpleasant smell or taste. I will immediately notify a member of the clinical staff of any unanticipated or unpleasant effects associated with the consumption of the herbs.

I have been informed that acupuncture is a generally safe method of treatment, but that it may have some side effects, including bruising, numbness or tingling near the needling sites that may last a few days, and dizziness or fainting. Bruising is a common side effect of cupping. Unusual risks of acupuncture include spontaneous miscarriage, nerve damage and organ puncture, including lung puncture (pneumothorax). Infection is another possible risk, although the clinic uses sterile disposable needles and maintains a clean and safe environment. Burns and/or scarring are a potential risk of moxibustion and cupping. I understand that while this document describes the major risks of treatment, other side effect and risks may occur. The herbs and nutritional supplements (which are from plant, animal and mineral sources) that have been recommended are traditionally considered safe in the practice of Chinese Medicine, although some may be toxic in large doses. I understand that some herbs may be inappropriate during pregnancy. Some possible side effects of taking herbs are nausea, gas, stomachache, vomiting, headache, diarrhea, rashes, hives, and tingling of the tongue. I will notify a clinical staff member who is caring for me if I am or become pregnant.

I do not expect the clinical staff to be able to anticipate and explain all possible risks and complications of treatment, and I wish to rely on the clinical staff to exercise judgment during the course of treatment which the clinical staff thinks at the time, based upon the facts then known is in my best interest. I understand that results are not guaranteed.

I understand the clinical and administrative staff may review my patient records and lab reports, but all my records will be kept confidential and will not be released without my written consent.

By voluntarily signing below, I show that I have read, or have had read to me, the above consent to treatment, have been told about the risks and benefits of acupuncture and other procedures, and have had an opportunity to ask questions. I intend this consent form to cover the entire course of treatment for my present condition and for any future condition(s) for which I seek treatment.

(Date)

PATIENT SIGNATURE

X

(Or Patient Representative)

(Indicate relationship if signing for patient)

**ALSO SIGN THE ARBITRATION AGREEMENT ON REVERSE SIDE**

**ALTERNATIVE HEALING NETWORK, INC. dba COMMUNITY WELLNESS COLLABORATIVE  
NOTICE OF PRIVACY PRACTICES**

**My signature below indicates that a written copy of the Alternative Healing Network Notice of Privacy Practices was provided to me. I have also been informed that if I call the Privacy Office.**

PATIENT NAME:	
PATIENT SIGNATURE:	DATE:

Alternative Healing Network dba  
Community Wellness Collaborative  
3239 Adams Ave  
San Diego, CA 92116

Privacy Office  
(619) 546 - 4806