

# McQuinn Naturopathic

Beth McQuinn, Naturopathic Doctor, LMP  
Virginia Morris Naturopathic Doctor, LMP

Please Print

## Patient Information

Name (First M.I. Last) \_\_\_\_\_ Date: \_\_\_\_\_ Birthdate \_\_\_/\_\_\_/\_\_\_ Sex: M / F

**Allergies** (Foods, Medicines, other): \_\_\_\_\_

Address \_\_\_\_\_ City/State \_\_\_\_\_ Zip Code \_\_\_\_\_

E-mail: \_\_\_\_\_

Home Ph ( ) \_\_\_\_\_ - \_\_\_\_\_ Cell ( ) \_\_\_\_\_ - \_\_\_\_\_ Work Phone: ( ) \_\_\_\_\_ - \_\_\_\_\_

Do you have any special needs? \_\_\_\_\_

Permission to call/ email (Regarding health services/appt/billing) **Home:** Y / N **Work:** Y / N **Cell:** Y / N **Email:** Y / N

Permission to Leave Message (Regarding health services/appt/billing) **Home:** Y / N **Work:** Y / N **Cell:** Y / N **Email:** Y / N

\_\_\_ Married \_\_\_ Single \_\_\_ Divorced \_\_\_ Widowed \_\_\_ Other (Describe: \_\_\_\_\_)

Name of Parent/Guardian (if under 18 ys) and phone # \_\_\_\_\_

**\*Questions below to be answered by 18 ys or older:**

\*Occupation & Hours/wk \_\_\_\_\_ \*SS# \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_

\*Employer Name and Address \_\_\_\_\_

Emergency Contact and Relationship \_\_\_\_\_ Phone ( ) \_\_\_\_\_ - \_\_\_\_\_

# of Children: \_\_\_\_\_ Spouses Name: \_\_\_\_\_

Employer: \_\_\_\_\_ Phone: \_\_\_\_\_ DOB \_\_\_\_\_

## Present Health

**Please list your most important health concerns and/or goals in order of significance starting with the one that brought you in today.**

1) \_\_\_\_\_

2) \_\_\_\_\_

3) \_\_\_\_\_

4) \_\_\_\_\_

5) \_\_\_\_\_

**Are you currently receiving any health care? Yes/ No If Yes, from whom?** \_\_\_\_\_

Address \_\_\_\_\_ Phone ( ) \_\_\_\_\_ - \_\_\_\_\_ Fax ( ) \_\_\_\_\_ - \_\_\_\_\_

**Please list the most significant /stressful events in your life, beginning with the most recent (ie. Marriage, divorce, birth, career change, etc).**

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**Smoker Now:** Yes / No **PAST:** Yes / No # years \_\_\_\_\_ packs/day \_\_\_\_\_ year stopped \_\_\_\_\_  
**Alcohol:** No / Yes Type: \_\_\_\_\_ Drinks/ week: \_\_\_\_\_  
**Recreational Drugs:** No / Yes Type: \_\_\_\_\_ Frequency: \_\_\_\_\_  
**Coffee:** No / Yes **Cups/ day:** \_\_\_\_ **Sodas:** No / Yes Type: \_\_\_\_\_ **Cans/day:** \_\_\_\_ Other: \_\_\_\_\_  
**Diet (Typical Breakfast, Lunch, Dinner, snacks and cravings, or foods you avoid:)** \_\_\_\_\_

**Exercise:** Type & Frequency: \_\_\_\_\_  
**Sleep:** restful? No / yes. Hours / night: \_\_\_\_\_ Do you snore? **No / Yes** Do you move/ kick in your sleep? **No / Yes**  
**Do you enjoy your work/ occupation? No / Yes**  
**What do you do for personal relaxation, special interest, or hobbies?** \_\_\_\_\_

Please list any **medications and supplements** you are currently taking and the **dosage**:

- |          |           |
|----------|-----------|
| 1) _____ | 2) _____  |
| 3) _____ | 4) _____  |
| 5) _____ | 6) _____  |
| 7) _____ | 8) _____  |
| 9) _____ | 10) _____ |

**Medical History**

Have you ever been treated by a:  Chiropractor  Naturopathic Doctor  
 Reflexologist  Massage Therapist  
 Acupuncturist  Other alternative practitioner

**Family History**

<i>Check those applicable</i>	Father	Mother	Grandparent	Sibling	Other(Specify)
Anemia	_____	_____	_____	_____	_____
Cancer	_____	_____	_____	_____	_____
Diabetes	_____	_____	_____	_____	_____
Heart Disease	_____	_____	_____	_____	_____
High Blood Pressure	_____	_____	_____	_____	_____
Stroke	_____	_____	_____	_____	_____
Epilepsy	_____	_____	_____	_____	_____
Mental Illness	_____	_____	_____	_____	_____
Psychological Disorder	_____	_____	_____	_____	_____
Asthma	_____	_____	_____	_____	_____
Hayfever, Hives	_____	_____	_____	_____	_____
Kidney Disease	_____	_____	_____	_____	_____
Glaucoma	_____	_____	_____	_____	_____
Tuberculosis	_____	_____	_____	_____	_____
Age at death	_____	_____	_____	_____	_____
General Health	_____	_____	_____	_____	_____

**G=Good, P=Poor**

**\*\*Are there any additional health concerns or questions you have?**

## Personal History

**Have you had any of the following diseases?**

- Scarlet fever  Rheumatic fever  Diphtheria  Mumps  Measles  German measles  Mono/ Epstein Barr  
 Hepatitis  Other \_\_\_\_\_

**List hospitalizations or surgeries have you had with corresponding dates:** \_\_\_\_\_

**Have you ever been in an auto accident? \_\_\_\_\_ When? \_\_\_\_\_**

**List other injuries including falls and other traumas and when they occurred:** \_\_\_\_\_

**Have you been diagnosed with any diseases or disorders and when?** \_\_\_\_\_

**List immunizations you received** \_\_\_\_\_

**Pregnant or pregnancy plans?** \_\_\_\_\_

### Review of Symptoms

Weight \_\_\_\_\_ Weight 1 yr. ago \_\_\_\_\_ Max. Weight \_\_\_\_\_ When \_\_\_\_\_ Height \_\_\_\_\_

**Y=** a condition you have now    **N=** never had    **P=** a condition you have had in past

Fatigue	Y P N	Frequent Colds	Y P N
Weakness	Y P N	Sinusitis	Y P N
Skin Rashes	Y P N	Postnasal Drip	Y P N
Eczema	Y P N	Nose Bleeds	Y P N
Hives	Y P N	Sore Mouth/Gums	Y P N
Acne	Y P N	Hoarseness	Y P N
Itching	Y P N	Cavities	Y P N
Color Change	Y P N	Change in Taste	Y P N
Lumps	Y P N	Goiter	Y P N
Night Sweats	Y P N	Neck Pain	Y P N
Headaches	Y P N	Cough	Y P N
Head Injury	Y P N	Sputum	Y P N
Impaired Vision	Y P N	Spit up Blood	Y P N
Corrected Vision	Y P N	Wheezing	Y P N
Eye Pain	Y P N	Asthma	Y P N
Tearing/Dryness	Y P N	Bronchitis	Y P N
Double Vision	Y P N	Pneumonia	Y P N
Glaucoma	Y P N	Pleurisy	Y P N
Cataracts	Y P N	Emphysema	Y P N
Eye Floaters	Y P N	Difficulty Breathing	Y P N
Impaired Hearing	Y P N	Shortness of Breath	Y P N
Ear Ringing	Y P N	Tuberculosis	Y P N
Earaches	Y P N	Heart Disease	Y P N
Dizziness	Y P N	Angina	Y P N

High Blood Pressure	Y P N	Eating Disorder	Y P N
Heart Murmur	Y P N	Memory Loss	Y P N
Palpitations	Y P N	Drug/Alcohol Abuse	Y P N
Edema	Y P N	Difficulty Sleeping	Y P N
Difficulty Swallowing	Y P N	Phobia	Y P N
Heartburn	Y P N	Thyroid Problem	Y P N
Change in Thirst/Appetite	Y P N	Temperature Intolerance	Y P N
Nausea	Y P N	Excessive Thirst	Y P N
Vomiting	Y P N	Excessive Hunger	Y P N
Constipation	Y P N	Blood Sugar Dysregulation	Y P N
Diarrhea	Y P N	Anemia	Y P N
Change in Bowel Movements	Y P N	Easy Bleeding	Y P N
Blood in Stool	Y P N	Blood Transfusion	Y P N
Gas/Bloating	Y P N		
Jaundice	Y P N	<b>Females</b>	
Liver Disease	Y P N	Age menses began	_____
Indigestion	Y P N	Age menses ended	_____
Hemorrhoids	Y P N	Average cycle length	_____
Abdominal Pain	Y P N	Average bleeding length	_____
Anal Discomfort	Y P N	<b>Last Menstrual Period</b>	_____
Peptic Ulcer	Y P N	Spotting	Y P N
Gall Bladder Disease	Y P N	Irregular Cycles	Y P N
Pain on Urination	Y P N	Pain with Intercourse	Y P N
Urinary Frequency	Y P N	Painful Menses	Y P N
Inability to Hold Urine	Y P N	Birth Control	Y P N
Kidney Disease	Y P N	Sexual Difficulties	Y P N
Frequent Kidney Infection	Y P N	STD	Y P N
Kidney Stones	Y P N	Breast Lumps	Y P N
Blood in Urine	Y P N	Breast Pain	Y P N
Joint Pain/Stiffness	Y P N	Nipple Discharge	Y P N
Arthritis	Y P N	PMS Symptoms	Y P N
Broken Bones	Y P N	Menopausal Symptoms	Y P N
Muscle Spasms	Y P N	Vaginal Dryness	Y P N
Deep Leg Pain	Y P N	Vaginal Discharge/Sores	Y P N
Cold Hands and Feet	Y P N	Number of pregnancies	_____
Varicose Veins	Y P N	Number of live births	_____
Thrombophlebitis	Y P N	Number of miscarriages	_____
Blue/Blanched Skin	Y P N	Number of abortions	_____
Fainting	Y P N		
Seizures	Y P N	<b>Males</b>	
Paralysis	Y P N	Hernias	Y P N
Muscle Weakness	Y P N	Testicular Masses	Y P N
Numbness/Tingling	Y P N	Testicular Pain	Y P N
Coordination Difficulties	Y P N	Sexual Difficulties	Y P N
Speech Difficulties	Y P N	STD	Y P N
Depression	Y P N	Penile Discharge/Sores	Y P N
Anxiety	Y P N	Prostate Disease	Y P N
Mood Swings	Y P N		

### **How did you hear or learn about us?**

Referred by: Please circle one: Friend    Family Member    Workmate    Other

Referred by (Name) : \_\_\_\_\_

Internet search: Please circle one: Google    Yahoo    MSN    Facebook    Twitter    Other

Radio commercial     Magazine article     ValPak

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### **McQuinn Naturopathic Insurance and Payment Disclosure**

Please present a photo ID and your Insurance card(s) to the receptionist so that we can retain a copy in your file and be able to issue your prescription and comply with FDA regulations.

Since the initial appointment is over 1 hour, we ask that you provide 24 hour notice if you need to cancel or reschedule. If 24 hours notice is not given, we will charge \$50.00 as a non-cancellation fee.

We feel strongly that our patients deserve the best care. In an effort to provide high quality care, we would like to share information with you about financing healthcare. We hope that by providing you with the following information, we can prevent misunderstandings and that you will be comfortable discussing financial and insurance matters with us.

- ✓ We ask that if you are paying cash that you pay in full at your first visit or arrange a payment plan prior to your appointment. If you have insurance, please pay your co-pay and you will be billed for the portion which insurance does not cover including co-insurance or deductible.
- ✓ We accept VISA, Mastercard, Discover, Credit Cards, Checks & Cash.
- ✓ Remember that, if you have insurance, the insurance contract is between the patient and the insurance company. The patient is responsible for all account balances, even with insurance benefits. We will bill your insurance as a courtesy to you, but we cannot guarantee you benefits. We will only bill those insurance companies for which you guarantee your benefits. We will only bill those insurance companies for which you provide written information to us prior to the treatment given. Any oral representation we make in good faith to you concerning your insurance is not binding on us and will not in any way or for any reason be considered a modification of this writing.
- ✓ This information sheet is full and final agreement between this office and you regarding your insurance and benefits and may not be modified without a written agreement signed by you and this office.
- ✓ Within 60 days of service, the balance should be paid in full, unless arranged otherwise. Interest will be charged at 12% per year (1% per month) on balances over 90 days past due. Checks returned due to insufficient funds will be charged \$25.00 fee. Past dues accounts will be sent to a collection agency at our discretion.
- ✓ Please be familiar with the benefits provided by your plan. Refer to the 1-800 number on the back of your insurance card to call and inquire as to your benefits regarding naturopathic services and prescriptions.
- ✓ The age majority in this state is 18 years old. The parent that brings in the minor child is responsible for payment.
- ✓ I understand credit information may be accessed in order to determine my credit worthiness. I understand that I am responsible for the entire balance of the account and that this office is extending credit to me.

## McQuinn Naturopathic Insurance Coverage Confirmation on Benefits

McQuinn Naturopathic is covered by Premera, Regence, Lifewise, BlueCross Blueshield, Aetna, First Choice, Whole Health Pro, and Healthways. Dr. McQuinn is a preferred care provide for Naturopaths in these insurance networks. However, ***Naturopathic care is not included with every plan and has yearly limits and coverage.*** Before your appointment please confirm the details of your plan to avoid a large bill or unexpected charges if your insurance has limited coverage.

Please fill out the following information that can be obtained by **calling the number on the back of your insurance card, providing your name and insurance ID # and asking what your plan's policy is under Naturopathic coverage.**

Do you have Naturopathic Benefits? \_\_\_\_\_ **Y** \_\_\_\_\_ **N** \_\_\_\_\_

Number of visits per year or \$\$ Yearly limit: \_\_\_\_\_

Deductible: \_\_\_\_\_

Co-Insurance: \_\_\_\_\_

**I AUTHORIZE INSURANCE BENEFITS TO BE PAID DIRECTLY TO THE DOCTOR PROVIDING MEDICAL CARE. I ALSO GIVE PERMISSION FOR THE DOCTOR TO RELEASE INFORMATION IN ORDER TO PROCESS THE CLAIM. I AGREE THAT I AM RESPONSIBLE FINANCIALLY FOR ALL BALANCES DUE.**

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

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

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

HCG is presently relied upon as a medication for fertility and it is also used to safely promote the production of testosterone in males. It is not approved by the FDA for weight loss.

## Naturopathic Health Care Informed Consent for Treatment:

I, \_\_\_\_\_, hereby authorize the physician(s) at McQuinn Naturopathic, LLC to perform the following specific procedures as necessary to facilitate my diagnosis and treatment including, but not limited to:

**Common diagnostic procedures:** e.g. venipuncture, laboratory, Pap smears, or radiography.

**Minor office procedures:** e.g. dressing wounds, ear lavage, or immunization.

**Medicinal use of nutrition:** therapeutic nutrition, diet therapy, nutritional supplementation, and intramuscular or intravenous vitamin/mineral/nutrient injection.

**Botanical medicine:** botanical substances may be prescribed as teas, alcohol- or glycerite-based tincture, capsules, tablets, creams, plasters or suppositories.

**Homeopathic medicine:** the use of highly dilute quantities of naturally occurring plants, animals and minerals to gently stimulate the body's healing responses.

**Lifestyle counseling and hygiene:** promotion of wellness including recommendations for diet, exercise, sleep, stress reduction and balancing of work and social activities.

**Psychological counseling Contraception:** natural family planning, counseling and/or referral.

**Physical Medicine:** Massage therapy, muscle energy stretching, trigger point release, manipulation, hydrotherapy, etc.

**Pharmaceuticals:** prescription drugs, hormones or over the counter recommendations may be made.

The physician(s) at McQuinn Naturopathic, LLC do not make recommendations for medical treatments or pharmaceuticals or for the discontinuation of other treatments and/or procedures with other health care professionals that are not within their scope of practice. Patients that require such treatments will be referred appropriately.

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

**Potential benefits:** Restoration of health and the body's maximum functional capacity without the use of drugs or surgery, relief of pain and symptoms of disease, assistance in injury and disease recovery, and prevention of disease or its progression.

**Potential risks:** Allergic reactions to prescribed medications, herbs and supplements, side effects of natural medications, inconvenience of lifestyle changes, injury from injections, venipunctures or procedures, tenderness/soreness or bruising from physical treatments.

**Side Effects:** The HCG side effects to monitor include the onset of headaches, irritability, restlessness, slight water retention, tenderness of breast tissue, swelling of the injection site, and depression. There are some rare, severe side effects as well which include the development of ovarian hyper stimulation in females. The latter condition requires immediate medical treatment and is accompanied by the following symptoms: tremendous pain in the region of the pelvis, the swelling of feet, legs, and hands, abdominal pain, abdominal swelling, difficulty breathing, diarrhea, vomiting, nausea, a diminishing of urination, and weight gain. If a user of HCG products notes any side effects it is recommended that he or she cease using the products immediately and that he or she seek out the assistance of a physician.

**Notice to all pregnant women:** All female patients must alert the doctor if they know or suspect that they are pregnant as some of the therapies used could present a risk to pregnancy.

*I understand that a record will be kept of the health services provided to me. This record will be kept confidential, and will not be released to others unless so directed by myself, my representative, or unless law requires. I understand that I may look at my medical record and can request a copy of my record by my paying the appropriate fee. I understand that my medical record will be kept no more than ten years after the date of my last treatment. I understand that the doctor will answer any questions that I might have.*

*With this knowledge, I voluntarily consent to the above procedures. I realize that neither the doctor nor any personnel of **McQuinn Naturopathic** has made any absolute guarantees to me regarding cure or improvement of my condition. I understand that I am free to withdraw my consent and discontinue participation in these procedures at any time. I waive my right to future litigation regarding my present health condition by signing this agreement.*

Print Name \_\_\_\_\_ Signature \_\_\_\_\_

Date \_\_\_\_\_ Representative or Guardian (if under 18) \_\_\_\_\_

**We understand that sometimes life requires sudden changes in schedule, however, due to the increased volume of patients desiring appointments, we will be applying a \$50 late cancellation fee to appointments cancelled**

## **McQuinn Naturopathic's Notice of Privacy Practices**

This is a summary of McQuinn Naturopathic's Notice of Privacy Practices. You have a right to receive a copy of the complete document.

McQuinn Naturopathic recognizes that your medical information is personal. We are committed to providing privacy and confidentiality of your medical information. This notice describes McQuinn Naturopathic's privacy practices and the way in which we may use and disclose medical information about you.

We are required to maintain a complete copy of your medical history, current condition, treatment plan and all treatment given, including the results of all tests, procedures and therapies. We must maintain this information in a safe and secure manner that protects your privacy and confidentiality. You have the right to read or get a copy of your medical information.

McQuinn Naturopathic May Use and Disclose Medical Information About You in the Following Ways:

- a. For Treatment: Other health professionals within or outside of McQuinn Naturopathic who are involved in your care may need to access your information.
- b. For Payment: To bill or collect for payment of services from you, your insurance company, or a third party billing agency we may disclose your information.
- c. For Health Care Operations: We may use or disclose medical information about you to the extent necessary to run the facility or ensure quality care.
- d. For Research: Information that may identify you will not be released to anyone outside of McQuinn Naturopathic without your prior written permission but we may remove information that identifies you so that others may use it to study health care.
- e. Appointment Reminders: We may use your information to contact you as a reminder that you have a scheduled appointment
- f. Treatment Alternatives, Health Related Benefits and Services: We may use or disclose medical information to tell you about or recommend possible treatment options, alternatives to your current treatment, health related benefits or services that may be of interest to you.
- g. To Avoid Serious Threat to Health or Safety: When necessary your information may be used or disclosed to prevent a serious threat to the health and safety of you, of the public or of another person.
- h. Public Health Risks: We may disclose medical information about you for public health activities to prevent or control disease, injury or disability; to report births and deaths; to report child abuse and/or neglect; to report reactions to medications or problems with products; to notify people of recalls of products; to notify a person that they may have been exposed to a disease or may be at risk for contracting or spreading a disease; to notify a government agency about abuse, neglect or domestic violence as required by law.
- i. Worker's Compensation: We may release medical information about you for worker's compensation benefits for work related injuries or illnesses.
- j. Military or Veteran's: If you are a member of the armed forces, we may release information about you as required by military command authorities.
- k. Law Enforcement: We may release information about you in response to a court order, subpoena, warrant, summons; to identify or locate a suspect, fugitive, material witness or missing person; about a victim of crime; about a death as a result of a crime; about criminal conduct at our clinic; in emergency circumstances to report a crime.
- l. Coroner's, Medical Examiners and Funeral Directors: We may release medical information about you to a coroner or medical examiner to identify a deceased person or determine cause of death. We may release information to funeral directors as necessary to carry out their duties.
- m. As required by law: We may release your information as required by Washington Law.

We do not allow others outside of McQuinn Naturopathic to access your medical information unless we have authorization from you to do so. Any authorization to use or disclose medical information may be revoked by you in writing at any time unless (1) McQuinn Naturopathic has already taken action in reliance on that authorization or (2) if the authorization was obtained as a condition of obtaining insurance coverage.





## **McQuinn hCG Diet Prescription Agreement Form**

**Because your health can vary over time, McQuinn hCG Diet only honors prescriptions for three (3) months after the prescription is written. After three (3) months another consultation with our doctor is required.**

**I have read and understand the aforementioned statement.**

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

**HCG is given by prescription only. If I discontinue the McQuinn hCG Diet program for any reason, I understand that my initial prescription is valid for three (3) months from the time the prescription is written. If there is no discontinuation of the program, the initial prescription is also only valid for three (3) months.**

**I have read and understand the aforementioned statement.**

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

### **Shot instruction sheet and patient acknowledgement**

hCG should be taken 1<sup>st</sup> thing in the morning before any other food is ingested. Injections should be self administered into the subcutaneous fat around the abdomen. You may "pinch an inch" to avoid injecting too deeply into muscle (see picture).

1. A brand new diabetic syringe must be used for EVERY injection.
2. Be sure to use the included alcohol swab to clean the area you intend to inject as well as the top rubber seal of the hCG bottle.
3. Draw back to the correct number on the needle (based on your prescription) and inject the air into the bottle, then slowly draw back to that number while keeping the tip of the needle submerged in the hCG solution.
4. Quickly insert the needle while pinching the alcohol swabbed area (picture above), and inject.
5. Needles MUST be collected in a safe place and properly disposed of at your local needle drop, fire station or police station.

**Note: When not in use the hCG solution must be refrigerated at all times.**

By signing this form, (print name here) \_\_\_\_\_ understands that any deviation from these directions may result in improper injection of the hCG fluid mixture. This may result in redness, swelling or bruising of the area. In certain rare cases a rash may occur. If the patient experiences any of these side effects they agree to notify the doctor immediately by calling 1-425-293-0107. They must also discontinue taking the hCG injection until they have received subsequent approval from their doctor. At this time, there are no known side effects of injecting small amounts of hCG subcutaneously. Neither McQuinn Naturopathic nor Dr. Mcquinn shall be held responsible should these or any other side effects occur from proper or improper administration of the subcutaneous hCG injections.

\_\_\_\_\_  
Patient signature here

\_\_\_\_\_  
Date

\_\_\_\_\_  
 Declined                      Initials

\_\_\_\_\_  
Date