



Dear Patient,

Welcome to Boise Natural Health!

The following document is our **New Patient Intake Form for adults 18 years or older and girls who has started having menstrual cycles**. Please print it out, complete it as best you can and bring it with you to your appointment. It is also helpful to bring any supplements and/or medications you are currently taking. If you have copies of laboratory reports it is a good idea to bring these along as well. You may also want to have labs forwarded to our office from your other providers ahead of time.

Please be aware that our office is “Fragrance Free”. Please do not wear scents to our office that are perceptible by others such as perfume, cologne, scented hair spray, scented deodorant, or scented lotion. We appreciate your respect for our chemically sensitive patients and staff.

If you have any questions, please feel free to contact us at 338-0405. If for any reason you need to cancel or change your appointment we request you give us 24 hours notice and please do so via phone and not by email reply.

We look forward to meeting with you.

The Staff at Boise Natural Health



4219 W. Emerald Street, Boise, ID 83706 | office 208-338-0405 | fax 208-422-9957 | www.boisenaturalhealth.com

**ADULT PATIENT INTAKE FORM**

Please take the time to carefully and thoroughly complete this health history questionnaire.

Print all information and mark anything you don't understand with a question mark.

Today's Date \_\_\_\_\_

**I. PERSONAL INFORMATION**

Full Name \_\_\_\_\_ I like to be called \_\_\_\_\_  
(First Middle Initial Last)

Age \_\_\_\_\_ Date of Birth \_\_\_\_\_ Gender \_\_\_\_\_ Social Security # \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone (best) \_\_\_\_\_ (alternate) \_\_\_\_\_ May we leave messages \_\_\_\_\_

Occupation \_\_\_\_\_ Hours per week \_\_\_\_\_

Employer & Work Address \_\_\_\_\_

Education \_\_\_\_\_ Military Service? \_\_\_\_\_

Are you: \_\_\_\_\_ Married \_\_\_\_\_ Separated \_\_\_\_\_ Divorced  
\_\_\_\_\_ Single \_\_\_\_\_ Cohabiting \_\_\_\_\_ Widowed  
Live with: \_\_\_\_\_ Spouse \_\_\_\_\_ Parents \_\_\_\_\_ Alone  
\_\_\_\_\_ Children \_\_\_\_\_ Partner \_\_\_\_\_ Friends

Children's Ages \_\_\_\_\_

Emergency Contact (name and relation) \_\_\_\_\_

Contact's Phone \_\_\_\_\_

How did you hear about our clinic? \_\_\_\_\_

Would you like to receive our Free Monthly E-Postcard with health news and event listings? Y N

Email \_\_\_\_\_

**II. MEDICAL HISTORY**

What are your most important health challenges? List as many as you can in order of importance.

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

Have you consulted any other physician or health practitioner? When and for what? \_\_\_\_\_

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

What is your blood type (A/B/O)\_\_\_\_\_

Do you have any body parts that are not your own? (Implants, transplants)?\_\_\_\_\_

Weight\_\_\_\_\_Weight 1 year ago\_\_\_\_\_Maximum Weight\_\_\_\_\_When?\_\_\_\_\_

What childhood illnesses have you had? Please list approximate year or age:

\_\_\_\_\_

\_\_\_\_\_

Did you have standard childhood immunizations?\_\_\_\_\_

Immunizations for travel outside the US? Which ones and when?\_\_\_\_\_

Any negative reactions? Explain\_\_\_\_\_

Approximately how many times in your life have you had antibiotics?\_\_\_\_\_

What hospitalizations or surgeries have you had? Please list date.\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**III. FAMILY HISTORY**

Do your close relatives (parents, siblings, children) have any of the following medical conditions?

Please circle:

High Blood Pressure, Heart Attack, Stroke, Obesity, Diabetes, Glaucoma, Asthma, Hay Fever,  
 Eczema, Skin Disease, Food Allergies, Emphysema, TB, Lung Cancer, Breast Cancer, other Cancer,  
 Birth Defects, Suicide, Depression, Mental Illness, Alcoholism, Epilepsy, Ulcers, Arthritis, Gout,  
 Thyroid Disease, Easy Bleeding, Sickle Cell Anemia, Osteoporosis, Other \_\_\_\_\_

**IV. REVIEW OF SYMPTOMS**

Please mark 1 (mild), 2 (moderate), or 3 (severe) if any of the following apply to you *Now* or in the *Past*.

	<b>Now</b>	<b>Past</b>		<b>Now</b>	<b>Past</b>	
<b>General</b>	___	___	swollen or painful lymph nodes	___	___	excessive hair growth
	___	___	wounds heal slowly	___	___	bruise easily
	___	___	difficulty stopping bleeding	___	___	can't stand heat
	___	___	anemia	___	___	can't stand cold
	___	___	bleeding from unusual places	___	___	cold hands or feet
	___	___	unexplained fever	___	___	night sweats
	___	___	weakness	___	___	increased thirst
	___	___	fatigue	___	___	increased hunger
	___	___	unexplained weight loss/gain	___	___	excess sweating

Please mark 1 (mild), 2 (moderate), or 3 (severe) if any of the following apply to you *Now* or in the *Past*.

	Now	Past		Now	Past	
<b>Skin and Nails</b>	___	___	pimples	___	___	hives
	___	___	color changes in nails	___	___	loss of hair
	___	___	infections			
	___	___	skin rough, dry, scaly, bumpy, itchy (circles which applies)			
	___	___	rashes, warts, moles, cysts (circles which applies)			
	___	___	light or dark patches of skin (circles which applies)			
	___	___	increased hair growth in unusual places			
<b>Head</b>	___	___	dizziness	___	___	double vision
	___	___	headaches	___	___	fainting spells
	___	___	seizures or fits	___	___	injuries
<b>Eyes</b>	___	___	corrective lenses	___	___	pain, irritation
	___	___	infections	___	___	discharge
	___	___	injuries	___	___	last exam
<b>Ears</b>	___	___	discharge	___	___	infections
	___	___	pain in ears	___	___	injuries
	___	___	hearing trouble	___	___	ringing or roar in ear
	___	___	itching	___	___	stopped up ears
	___	___	motion sickness	___	___	other
<b>Nose</b>	___	___	nosebleeds	___	___	injury
	___	___	sinus problems	___	___	loss of smell
	___	___	discharge/crusts	___	___	polyps
	___	___	sneezing attacks	___	___	ulcers
	___	___	difficulty breathing through nose	___	___	other
<b>Mouth</b>	___	___	sores	___	___	poor dentition
	___	___	speech difficulties	___	___	infections
	___	___	loss of teeth	___	___	dryness
	___	___	grinding teeth	___	___	bad breath
	___	___	sore jaw	___	___	bad taste
	___	___	gum problems	___	___	root canals
	___	___	amalgam fillings	___	___	other
<b>Throat</b>	___	___	loss of voice	___	___	pain
	___	___	infections	___	___	swelling/constriction
	___	___	persistent hoarseness	___	___	difficulty swallowing
<b>Neck</b>	___	___	stiffness	___	___	injuries
	___	___	swollen glands,	___	___	enlarged thyroid
<b>Respiratory</b>	___	___	shortness of breath	___	___	wheezing/asthma
	___	___	coughing spells	___	___	infections
	___	___	expectoration (mucus, blood)	___	___	chest pain with breath

Please mark 1 (mild), 2 (moderate), or 3 (severe) if any of the following apply to you *Now* or in the *Past*.

	Now	Past		Now	Past	
<b>Cardiovascular</b>						
	___	___	chest pain	___	___	leg vein trouble
	___	___	shortness of breath	___	___	murmur
	___	___	irregular beat	___	___	ankle or foot swelling
	___	___	feel heart pounding/racing	___	___	leg pain walking
<b>Gastrointestinal</b>						
	___	___	nausea	___	___	vomiting
	___	___	blood in stool	___	___	diarrhea
	___	___	constipation	___	___	hemorrhoids
	___	___	hard, dry stools	___	___	vomiting blood
	___	___	ulcer	___	___	bloating
	___	___	anal itching	___	___	indigestion
	___	___	heavy, full feeling after eating	___	___	heartburn
	___	___	excess belching	___	___	parasites
	___	___	trouble swallowing	___	___	abdominal pain
	___	___	foul-odored stools	___	___	excessive gas
	___	___	irritable if late for meal	___	___	sleepy during day
	___	___	nervous shaky feelings, headaches, relieved by eating			
	___	___	alternating constipation and diarrhea			
	___	___	change in bowel movements			
			How often do you have bowel movements?	_____		
<b>Urinary</b>						
	___	___	frequent urination	___	___	painful urination
	___	___	night urination	___	___	foul odor of urine
	___	___	trouble starting urine	___	___	trouble holding urine
	___	___	urine dark, cloudy, foamy, bloody (circle which applies)			
<b>Male</b>						
	___	___	discharge from penis	___	___	painful erection
	___	___	infertility	___	___	infection
	___	___	prostate problems	___	___	injury
	___	___	difficulty achieving or maintaining an erection			
	___	___	lumps, swelling, or pain in testicles			
			What kind of contraception do you use?	_____		
			Do you want birth control information?	_____		
<b>Female</b>						
	___	___	discharge from vagina	___	___	painful intercourse
	___	___	pelvic pain	___	___	flushes of heat
	___	___	infertility			
	___	___	difficulty feeling sexually aroused			
	___	___	no lubrication when aroused			
	___	___	never or seldom have orgasms			
	___	___	menstrual flow is excessive			
	___	___	menstrual flow is absent			
	___	___	bleeding/spotting before or after periods			
	___	___	breasts: lumps, swelling, soreness (circle)			
	___	___	infection: Type/Location _____ When? _____			
	___	___	premenstrual symptoms: cramping, water retention, breast tenderness, headaches, depression, irritability, others, (circle)			

Please mark 1 (mild), 2 (moderate), or 3 (severe) if any of the following apply to you *Now* or in the *Past*.

Now Past

Now Past

**Female con't**

What kind of contraception do you use? \_\_\_\_\_  
 First day of last menstrual period \_\_\_\_\_  
 Usual Length of cycle \_\_\_\_\_ days, Duration of menses \_\_\_\_\_ days  
 Hysterectomy date \_\_\_\_\_ Do you still have your ovaries? \_\_\_\_\_  
 Number of Pregnancies \_\_\_\_\_ Number of Births \_\_\_\_\_  
 Date of last annual exam / PAP \_\_\_\_\_

**Musculoskeletal**

___	___	back pain
___	___	spinal curvature or scoliosis
___	___	muscle cramp. Where? _____
___	___	joint pain or stiffness. Where? _____
___	___	swelling. Where? _____
___	___	injury. Where? _____
___	___	other. Describe. _____

**Neurological**

___	___	loss of balance	___	___	paralysis
___	___	faintness	___	___	lack of strength
___	___	involuntary movement	___	___	speech slurred
___	___	loss of consciousness	___	___	convulsions (seizures)
___	___	tremor (shaking, trembling)	___	___	numbness. where? ___

**Mental**

___	___	restlessness	___	___	nervousness/anxiety
___	___	excessive worry	___	___	trouble sleeping
___	___	memory trouble	___	___	crying spells
___	___	trouble concentrating	___	___	depression
___	___	nightmares	___	___	manic episodes
___	___	excess stress	___	___	fogginess/confusion
___	___	feel like killing myself	___	___	easily angered
___	___	feel better from exercising	___	___	irritable
___	___	feelings of worthlessness	___	___	mood swings
___	___	trouble getting along with people	___	___	drug abuse
___	___	physical or sexual abuse			
___	___	difficulty expressing feelings			
___	___	loss of someone dear through death or separation			
___	___	don't know how to relieve stress			
___	___	other _____			

Have you had any experiences (traumatic or otherwise) that did or still do affect you deeply? Explain if you wish: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**THERAPIES AND LIFESTYLE**

Current Medications: Please list any prescription medications, nutritional supplements, herbs or homeopathic remedies you are currently taking. Please list doses if known. Bringing bottles with you to your visit is helpful.

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Please list any medications, natural or prescription that you have tried in the past. \_\_\_\_\_

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Other therapies \_\_\_\_\_

Are you allergic to any drugs? \_\_\_\_\_

Do you use	YES	AMOUNT		YES	AMOUNT
Alcohol	_____	_____	Hormones	_____	_____
Pain Relievers	_____	_____	Laxatives	_____	_____
Birth Control Pill	_____	_____	Coffee/Caffeine	_____	_____
Soda Pop	_____	_____	Fast Food	_____	_____
Cortisone	_____	_____	Tobacco	_____	_____
Electric Blanket	_____	_____	Sleeping Aids	_____	_____
Thyroid Medication	_____	_____	Appetite Suppressants	_____	_____
Antacids	_____	_____	Sugar	_____	_____
Recreational Drugs	_____	_____			

How much sleep do you get a night? \_\_\_\_\_ Is it enough? \_\_\_\_\_ Do you wake during the night? \_\_\_\_\_  
Do you wake refreshed in the morning? \_\_\_\_\_

Are you exposed to chemicals, explain \_\_\_\_\_

Are you under stress, explain \_\_\_\_\_

Do you exercise? \_\_\_\_\_ How often? \_\_\_\_\_ What type? \_\_\_\_\_

**V. NUTRITION**

How much water do you drink a day? \_\_\_\_\_ Do you use a water filter? \_\_\_\_\_

Generally, what does your diet consist of? \_\_\_\_\_

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What times or how frequently do you eat? \_\_\_\_\_ Who prepares your food? \_\_\_\_\_

Do you snack? On what? \_\_\_\_\_

What food(s), condiments(s), or any other substances (e.g. tobacco, alcohol, coffee, etc.) do you crave?

Are you repelled by, or do you dislike any foods? Please identify: \_\_\_\_\_

Are there any foods that do not agree with you or aggravate you? Explain: \_\_\_\_\_

**VI. FINAL NOTES**

What do you think causes or has contributed to your health problems? \_\_\_\_\_

What do you feel needs to happen for you to get better? \_\_\_\_\_

What do you enjoy most in your life? \_\_\_\_\_

What potential obstacles do you foresee in addressing the lifestyle factors which are undermining your health and in adhering to the therapeutic protocols which we will be sharing with you? \_\_\_\_\_

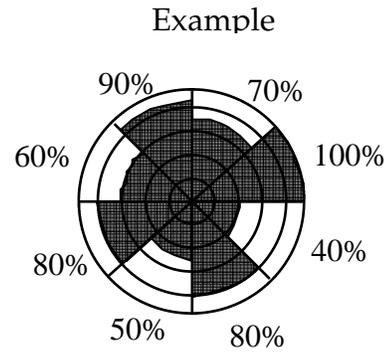
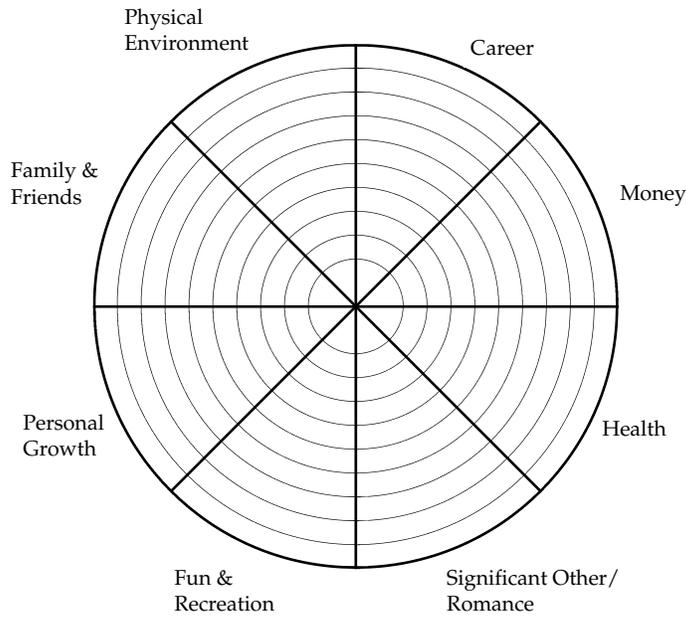
How much change are you willing to make at this time for improving your health? (circle)

MINIMAL

SOME

COMPLETE

Is there anything else you wish to add? \_\_\_\_\_



**VII. WHEEL OF BALANCE**

Wellness is a balance of many factors. Using the circle, shade your level of satisfaction in each area as it relates to you.

For example, if you are extremely happy in your career, shade the entire pie shape for career.

Do the same for each area, starting from the center point radiating outwards.

Thank you for taking the time to complete this form.  
We look forward to providing you the best possible care.