



Welcome,

At Solace Acupuncture and Wellness, our mission is to provide quality healthcare and a pleasant unique experience.

First time paperwork

Please download the PDF (located to your right on the screen) and bring it to your first visit. If you are unable to print it please [contact me](#) and we will get the form to you or you may pick it up.

Appointment lengths:

You may also arrive early to your appointment to fill out the forms in our waiting area and browse the artwork in the arts mill gallery.

Treatments generally take 45 to 60 minutes.

Facts about our location & what to wear:

- Let us know if you need the restroom (2nd floor and 1st floor) before treatment if possible.
- Communicate if you need the elevator so that it can be provided to you for your comfort and health.
- Wear or bring loose, comfortable clothes. Your pants should easily slide above your knees. Wear a V-neck shirt, tank top, or button-down shirt.
- Make sure to have something to eat approximately 1 to 2 hours before your appointment (don't arrive on an empty stomach).
- Refrain from brushing or scraping your tongue the day of your appointment as we look at it for diagnostic purposes.
- Talk in a soft voice at our studio to respect the cooperative partners in the building. Thank you.

What to expect at your Appointment:

At your appointment we will discuss a treatment plan and schedule additional appointments. Our recommendations are based on our experience in treating different conditions. Most patients require a series of treatments. Rarely is a condition resolved in just one treatment. It is important to get acupuncture often enough and long enough to get the best results.

Our Treatments & Services:

Solace Acupuncture does not provide primary care medicine. Acupuncture is a wonderful complement to Western medicine, but it is not a substitute for it. If you think you have a serious health condition or want a medical diagnosis you need to see a primary care physician. We can provide complementary care for conditions which require a physician's attention – for instance, we often treat patients for the side effects of chemotherapy. However, you need to take responsibility for your own health.

Payment:

We accept cash, checks, debit, and credit cards for payment.

I can accept most HSA cards.

Thank you for supporting Solace Acupuncture.

We look forward to working with you to improve and maintain your health.

Amy

Solace Acupuncture and Wellness

PATIENT INFORMATION

Name _____

Address _____

City State Zip _____

OK to contact at address? Yes / NO

Age _____ Birthdate _____ Gender _____

Occupation _____

Who can we thank for your referral?

First time getting acupuncture? Yes No

Today's date _____

CONTACT INFORMATION

Primary phone _____

Alternate phone _____

Email _____

Best way to contact you: Phone Email

Emergency Contact _____

Emergency Contact Relationship _____

Phone _____

Primary Physician _____

Check if you receive Medicaid benefits

HEALTH HISTORY

What are your primary reasons for coming in for treatment?

1. _____

2. _____

3. _____

How is your sleep? _____

How is your digestion? _____

Medications/ supplements you take (continue on back) _____

Major illnesses/ accidents/ surgeries? (continue on back) _____

How long since your last complete medical exam?

Check illnesses that you have or have had:

Diabetes

AIDS/HIV High blood pressure

Heart disease Stroke

Cancer

Auto-immune

Thyroid disorder Hepatitis

Endocrine disorders

Other: _____

Check symptoms you have or have had in the last year:

Depression

Difficulty in focusing

Dizziness

Easily startled

Excessive worry

Excessive anger

Excessive fear Fatigue/tiredness

Headaches

Loss of sleep/poor sleep

Loss or gain of weight

Nervousness/ irritability

Overwhelmed by life

Are you a veteran? _____

Are you or could you be pregnant? _____

HEALTH HISTORY (CONTINUED)

Check symptoms you have or have had in the last year:

Muscle/ Joint/ Bones

- Tremors or cramps
- Swollen joints

Pain, weakness, numbness in:

- Arms/ wrists/ hands
- Lower back/ Hips
- Legs/ knees
- Ankles/ feet
- Neck/ upper back
- Shoulders
- Head
- Other: _____

Eyes/ Ear/ Nose/ Throat/ Respiratory

- Asthma/ wheezing
- Changes in vision
- Ear-ache
- Enlarged glands
- Eye pain/ infections
- Frequent colds
- Hay fever/ allergies
- Hoarseness/ sore throat
- Gum trouble
- Nose bleeds
- Loss of hearing
- Persistent cough
- Ringing in ears
- Sinus congestion/ infections

Skin

- Acne
- Bruise easily
- Dry skin
- Itching/ rash area(s): _____
- Sensitive skin
- Sore won't heal
- Sweating

Genito/ Urinary

- Blood in urine
- Frequent urination
- Inability to control urine
- Lowered libido

Cardiovascular

- Chest pain
- High or low blood pressure
- Pain over heart
- Poor circulation
- Previous heart attack
- Rapid/ irregular heart beat
- Swelling of ankles

Gastrointestinal

- Belching, gas or bloating
- Colon problems
- Constipation
- Diarrhea
- Difficulty swallowing
- Excessive hunger
- Gall bladder trouble
- Hemorrhoids (piles)
- Indigestion
- Nausea and/ or vomiting
- Pain over stomach
- Poor appetite

Male Reproductive

- Erection difficulties
- Unusual discharge
- Prostate trouble

Female Reproductive

- Bleeding between periods
- Clots in menses
- Excessive or scanty menstrual flow
- Missed periods
- Extreme menstrual pain
- Irregular cycle
- Menopausal symptoms
- PMS/ mood changes with cycle
- Previous miscarriage and/ or fertility difficulties

Anything else you would like us to know?
