

**Avara Wellness  
3837 E Colonial Drive  
Orlando, FL 32803**

**New Patient Packet**

# Avarta Wellness

*"Embrace your body"*

3837 E Colonial Drive • Orlando, Florida • 32803 • 407-228-9599 • Fax: 407-228-1922

Date: \_\_\_\_\_ How did you hear of our Office \_\_\_\_\_

Mr. Mrs. Ms. Patients Legal Name: \_\_\_\_\_ Nickname: \_\_\_\_\_  
Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_  
Home Tel. #: \_\_\_\_\_ Work or Cell Tel. #: \_\_\_\_\_ Email address: \_\_\_\_\_  
Occupation: \_\_\_\_\_ Sex: \_\_\_\_\_ Birth date: \_\_\_\_\_ Age: \_\_\_\_\_ Weight: \_\_\_\_\_ Height: \_\_\_\_\_ # of children \_\_\_\_\_  
Marital Status: S M D W Emergency Contact & Number: \_\_\_\_\_  
Insurance: Group Health/ Major Medical : \_\_\_\_\_ Auto \_\_\_\_\_ Medicare Medicaid None  
**If Policy Holder is Different From Patient: (usually spouse or parent of patient)**  
Policy Holders Full Name: \_\_\_\_\_ Birth Date: \_\_\_\_\_ SS# \_\_\_\_\_  
Policy Holders Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

**PLEASE FILL IN THE APPROPRIATE SPACES (All information you give is strictly confidential)**

Please describe why you are here: \_\_\_\_\_

Please describe your goals in coming to this office: \_\_\_\_\_

## Traumas

Have you been in an Auto Accident in the last 12 months: \_\_\_\_\_

Please list all Auto Accidents you've had: \_\_\_\_\_

Please list all Major Physical Traumas you've had: \_\_\_\_\_

Please describe all surgeries that you've had: \_\_\_\_\_

## Stress

Please describe current level of stress in your life: \_\_\_\_\_

Please describe any allergies you have: \_\_\_\_\_

Please list all medications you take (OTC & Prescription): \_\_\_\_\_

Do you smoke or use recreational drugs: \_\_\_\_\_

Please describe how often you get sick in a year: \_\_\_\_\_

## Nutrition

Please describe your diet: \_\_\_\_\_

Please list all supplements you take: \_\_\_\_\_

## Lifestyle

Please describe your exercise in a week: \_\_\_\_\_

Please describe what you do to relax: \_\_\_\_\_

Please describe your quantity / quality of sleep: \_\_\_\_\_

Female Patients: Is there a possibility you are pregnant? YES NO UNSURE

## PLEASE CHECK CONDITIONS THAT YOU HAVE EXPERIENCED:

|                               |                             |                                   |                          |
|-------------------------------|-----------------------------|-----------------------------------|--------------------------|
| ___ Numbness/pain: buttocks   | ___ Ringing in ears R L     | ___ Digestive Problems            | ___ Convulsions/Epilepsy |
| ___ legs feet or toes R L     | ___ Dizziness               | ___ Liver / Gall Bladder problems | ___ Cancer               |
| ___ Numbness/tingling/pain in | ___ Asthma                  | ___ Kidney problems               | ___ Depression           |
| ___ arms, hands, fingers R L  | ___ High/Low blood pressure | ___ Arthritis                     | ___ Stroke               |
| ___ Ear infections            | ___ Menstrual problems/PMS  | ___ Diabetes                      | ___ AIDS/HIV             |

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## Informed Consent

### Chiropractic

Chiropractic care seeks to restore health through natural means without the use of medicine, surgery or other invasive means. Chiropractic care is not a substitute for traditional medical care, nor is traditional medical care a substitute for chiropractic.

### Diagnosis

Although Chiropractors are experts in the diagnosis of Subluxations, they are not Medical Doctors. As a Chiropractic patient you should be mindful of your own symptoms and should secure other opinions if you have any concerns as to the nature of your total condition. The D.C. may express an opinion as to whether or not you should take this step, and will gladly refer you to the appropriate medical specialist; but you are responsible for the final decision.

### Results

You are an individual and your health is unique, therefore it is difficult to predict the time schedule or efficacy of Chiropractic procedures. Sometimes the response is phenomenal. In most cases there is a more gradual, but quite satisfactory, response. Occasionally, the results are less than expected. Two or more similar conditions may respond differently to the same chiropractic care. The science of Chiropractic and Medicine may never be so exact as to provide definitive answers to every problem.

I, \_\_\_\_\_, have read and understood this Informed  
(print your name here)

Consent, and I hereby consent to chiropractic care from this office.

\_\_\_\_\_  
Patient Name

\_\_\_\_\_  
Patient Signature

\_\_\_\_\_  
Print Name of Legal Guardian, if applicable

\_\_\_\_\_  
Signature of Legal Guardian, if applicable

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## Payment Policies

Payment for your first day's visit is due at the beginning of your office visit.

Please choose the method of payment for today's charges: Cash   Check   Credit Card

At the completion of your first office visit, you will be advised as to a time you may return for your second consultation when the Doctor will inform you of your examination results and whether or not your case has been accepted. You will then be advised concerning treatment options, financial arrangements, and insurance coverage as appropriate.

## Assignment and Release

I authorize the release of any pertinent information necessary for me to receive treatment and for provider to timely process my insurance claims. I authorize my insurance benefits to be billed by and paid directly to:

Avarta Wellness  
John W. Staub, DC  
3837 E Colonial Drive  
Orlando, FL 32803  
407-228-9599 (Office)   407-228-1922 (Fax)

**I acknowledge that I am financially responsible for non-covered services. I agree that I will be responsible for all attorneys and legal fees if legal action becomes necessary to collect these fees.**

\_\_\_\_\_

Date

\_\_\_\_\_

Patient's Name

\_\_\_\_\_

Patient's Signature

\_\_\_\_\_

Print Name of Legal Guardian, if applicable

\_\_\_\_\_

Signature of Legal Guardian, if applicable

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## Avarta Wellness Patient Consent for Use and Disclosure of Protected Health Information

I hereby give my consent for Avarta Wellness to use and disclose protected health information (PHI) about me to carry out treatment, payment, and health care operations (TPO). With this consent, Avarta Wellness may call my home or other alternative location and leave a message on voice mail or in person in reference to any items that assist the practice in carrying out TPO, such as appointment reminders, insurance items and any calls pertaining to my care

With this consent, Avarta Wellness may mail to my home or other alternative location any items that assist the practice in carrying out TPO, such as appointment reminder cards and patient statements.

With this consent, Avarta Wellness may e-mail to my home or other alternative location any items that assist the practice in carrying out TPO, such as appointment reminder cards and patient statements. I have the right to request that Avarta Wellness restrict how it uses or discloses my PHI to carry out TPO.

With this consent, Avarta Wellness may post my picture and testimonial on the bulletin board located in the office.

By signing this form, I am consenting to allow Avarta Wellness to use and disclose my PHI to carry out TPO. I may revoke my consent in writing except to the extent that the practice has already made disclosures in reliance upon my prior consent. If I do not sign this consent, or later revoke it, Avarta Wellness may decline to provide treatment to me.

\_\_\_\_\_

Dated

\_\_\_\_\_

Patient's Name

\_\_\_\_\_

Patient's Signature

\_\_\_\_\_

Print Name of Legal Guardian, if applicable

\_\_\_\_\_

Signature of Legal Guardian, if applicable