# For the office of: Sue Mulcahey, DC, LLC NEW PATIENT INFORMATION

Welcome! Please allow our staff to photocopy your driver's license & insurance card (if applicable)

| Please print and fill in all of the blanks.                         | Today's Date   |
|---|--|
| Name  | Nickname/Preferred Name responsible for account? yStateZip rk Phone ()Ext  |
| AgeMale or Female Person  | responsible for account?   |
| AddressCit  | yStateZip  |
| Home phone () Wo  | rk Phone ()Ext   |
| Cell phone () Bes   | st number to contact you? Home Work Cell   |
| May we leave voicemail on Home/Cell phone                           | e Circle YES NO *Permission can be changed at any time   |
| Date of Birth//   |  |
| Status [ ] Married–Spouse's name                                    | []Single []Divorced []Widowed  |
| Are you a student? Circle YES NO If yes, to                         | full time or part time?  |
| Patient's Employer  | Full Address   |
| Occupation [  | Full Address  ] Full time [ ] Part time [ ] Disability [ ] Retired   |
| Work activity [ ] Heavy lifting [ ] Light Labo                      | r [ ] Mostly sitting [ ] Walking/moving [ ]Driving   |
| Emergency Contact   | _ Your relationship Phone  |
|   |  |
| Email Address@  | Signatureto contact me through electronic mail. Emails are used for  |
| (By my signature above, I give this office permission               | to contact me through electronic mail. Emails are used for   |
| communication purposes only (if needed) and we will                 | send you a monthly newsletter.   |
| Information if the patient is not the guara                         | ntor of the incurance policy:  |
|   |  |
| What is your relationship to the insured?                           | Insured's Phone  |
| Incured's Full Address  | <del></del>  |
| Insured's Date of Rith  | Insured's SS#  |
| Insured's Employer  |  |
| insured a Employer  | Audiess  |
| Information about your Primary Care Doc                             | tor:   |
| Name of Family Doctor   | Phone  |
| Address C   | Phone<br>ity StateZip  |
| Do we have your permission to contact this                          | doctor to share information and to let them know   |
| your progress with chiropractic care? Circle                        |  |
| How did you hear about this office?                                 | 5110. TEG 110  |
| Please read before signing:   |  |
| We appreciate that you have chosen us for your health               | care needs. If there is insurance coverage that will be submitted  |
|   | s practice, patient understands that insurance benefits are not  |
|   | nen claims are received and processed. Any verification of<br>will try to verify your insurance coverage and benefits for you, |
|   | neone from your insurance coverage and benefits for you,   |
|   | n more about your individual policy benefits and limitations.  |
| Please sign below to acknowledge patient responsibility             | for the patient portion of insurance charges and/or payment in   |
|   | rance coverage, patient is responsible for the balance due for   |
| services at the time of service for each visit.                     |  |
| PATIENT SIGNATURE   | Date //  |
| PATIENT SIGNATURE This page was reviewed (with additions initialed) | by Dr. Mulcahey  |

| <b>Patient Name</b> | ! |  |  |  |  |
|---------------------|---|--|--|--|--|
|                     |   |  |  |  |  |

Patient Health Survey

Circle yes or no to the following conditions that apply to you.

When applicable, give explanations on the line provided. All information that you provide is confidential.

| Yes No | List any allergies/sensitivities to medications or ointments   |
|--------|--|
|        | Weight change (loss or gain) more than 10 lbs. in past year  |
| Yes No | Have you seen a doctor in past year other than for cold/flu?   |
| Yes No | List hospitalizations in past five years   |
| Yes No | List hospitalizations in past five yearsHas a doctor recommended any tests/surgeries in past five years? |
|        |  |
|        | When was your last chiropractic visit?   |
|        | Fever, chills, night sweats, dizziness, fainting, shortness of breath                                    |
| Yes No | Head, neck, ear or eye pain, headaches or ringing in the ears  |
| Yes No | Bleeding disorders, arthritis, leukemia or skin disorder   |
| Yes No | Neck problems, swallowing difficulties, thyroid condition  |
| Yes No | Hoarseness, sore throat, allergies, regular colds, flu or asthma   |
| Yes No | Injury to the neck, whiplash, pinched nerves or numbness of neck   |
| Yes No | Chest pain, heart problems, irregular beats, pacemaker, stroke   |
| Yes No | Lung problems, congestion, cancer, tuberculosis or lung disease  |
|        | Do you smoke? If yes, how many packs per day?  |
|        | Alcoholism or drug addiction to social or prescription drugs   |
| Yes No | Nausea, vomiting, ulcers, colitis, spastic colon or diverticulitis                                       |
| Yes No | Gallbladder, pancreas, liver or other digestive condition  |
| Yes No | Hemorrhoids, rectal bleeding or frequent constipation or diarrhea  |
| Yes No | Male/female genital disorders, surgeries, diseases, sexual problems, prostate problems                   |
|        |  |
| Yes No | Fatigue, anxiety, depression   |
| Yes No | Diabetes (Type 1 or Type 2) kidney problems  |
| Yes No | Any fractured or broken bones  |
| res no | Mailormation of any bones of joints  |
|        | Injury to the mid back, pinched nerves or severe muscle spasms   |
|        | Scoliosis, curvature of the spine or structural problems   |
|        | Injury or tendonitis of shoulder, elbow, wrist, hand or fingers  |
| Yes No | Carpal tunnel syndrome, rotator cuff, bursitis or tennis elbow   |
|        | Foot problems, deformities, surgeries to the feet or ankles  |
|        | Venereal diseases, HIV/AIDS, herpes, hepatitis, other communicable disease                               |
| Yes No | Any work related injuries pending now or in the past   |
|        | Have you ever had a disability rating for an injury in the past?   |
| Yes No | Any condition, surgery or disease not described above  |
|        |  |
| •      | ain any "yes" answers and list any other health related conditions or problems that we should know       |
| abou   | IT.  |
|        |  |
|        |  |
|        | <del></del>  |
| РΔТ    | IENT SIGNATURE Date / /  |
|        | page was reviewed (with additions initialed) by Dr. Mulcahey   |
| 11113  | page trae terretrea (with additions initiated) by Dr. Malouney   |

| Explain vou               | r use of     | the follov   | ving: (Circle answer)   |
|---------------------------|--------------|--------------|---|
|                           |              |              | Occasionally Often Daily  |
|                           |              |              | [ ] cigarettes a day  |
| Social Drugs              |              |              |   |
| Coffee<br>Tea             |              |              | , <u>——</u> , ,   |
| Soda                      |              |              | Occasionally Often Dailycups/day Occasionally Often Dailycans/day |
| Water                     |              |              |   |
|                           |              |              | Moderately Heavytimes a week Type                                 |
|                           |              |              | High Moderate Slight None   |
| Describe any              | medicat      | tions or vit | amin/supplements that you are currently taking:                   |
|                           |              |              | age Frequency Reason for taking medication                        |
|                           |              |              |   |
|                           |              |              |   |
|                           |              |              |   |
|                           |              |              |   |
| For use by do             | ctor: Dat    | es Med Lis   | st was updated by patient: / / Initial                            |
| //                        | Initial      |              | t was updated by patient:// Initial<br>_//_ Initial/ / Initial    |
| List all surge            | ries that    | vou have     | had in the past:  |
|                           |              | •            | en Reason performed Result  |
|                           |              |              | <u> </u>  |
|                           |              |              |   |
|                           |              |              |   |
|                           |              |              |   |
|                           |              | _            | test(s) you have had in the past:                                 |
| X-rays<br>CT scan or M    |              |              | When Where Where  |
|                           |              |              | <del></del>   |
| Myelogram _<br>Ultrasound |              |              | When Where  |
|                           |              |              | Wildii  |
|                           |              |              | at you have already had for you present condition:                |
| [ ] Prescripti            | ion drugs    | s [] Sur     | gery [ ] Chiropractic care [ ] Physical Therapy                   |
| FOR WOMEN                 | ONLY:        | Can you be   | ecome pregnant? Circle Yes No                                     |
| Date of your la           | ast mamm     | nogram       | Date of your last pap smearou are pregnant? Circle Yes No         |
| Are you now o             | or is it pos | sible that y | ou are pregnant? Circle Yes No                                    |
| Date of your la           | asi pendu    |              | Any menstrual/hormone issues?                                     |
| PATIENT SIG               |              |              | Date/   |
| This page was             | reviewed     | d (with add  | itions initialed) by Dr. Mulcahey                                 |

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

| F  | Patient name  |   |  |
|--|---|---|--|
| Family History: Ident  | tify conditions that you or any   | of your family mem  | bers have now or have  |
| previously had. PGM=   | Paternal Grandmother <b>PGF</b> =F  | Paternal Grandfather F  | =Father <b>M</b> =Mother                                     |
| <b>MGM</b> =Maternal Grandn  | nother MGF= Maternal Grandfa  | atner <b>B</b> =Brotner <b>S</b> =                                  | Sister X=Wyself  |
| Condition  | Relation to you   | Condition   | Relation to you  |
| Heart Disease  |   | Glaucoma  |  |
| Stroke   |   | Bleeding Disorders  | 3  |
| Diabetes (Type I or 2?)  |   | _ Kidney Disease  |  |
| Deep Vein Thrombosi  | S   | Thyroid Disease   |  |
| Cancer: Type   | Type  | Type  | Type   |
| Other conditions not li  | sType   |   |  |
|  |   |   |  |
| Is your mother living? Age   | e? If no, her age at death  | Cause of deat   | h  |
| Is your father living? Age   | e? If no, his age at death  | Cause of deat   | :h   |
| What activities of daily [ ] Climbing stairs [ ] Lifting [ ] Yard/outdoor work | y living are difficult for you to<br>[ ] Standing for prolonge<br>[ ] Getting in/out of auto<br>[ ] Household chores or | perform due to your d periods [ ] F or chair [ ] F light work [ ] F | condition?<br>Pushing or pulling<br>Kneeling<br>Bending over |
| List any additional info   | ormation that may help us wi  | th your health care n   | eeds:  |
| -  |   |   |  |
| Tell us about why you  | made an appointment to see  | us todav:   |  |
|  | /   |   |  |
| When did symptoms ha   | ain?  | What initiated aumntam  | 2002   |
| Have you previously be   | gin?\v<br>en treated by another provider?   | Vilat illitiateu sympton<br>Vee or No le eo by v                    | vhom?  |
| Treatment received:  | cir ireated by another provider:  | 1 C3 01 NO 13 30, by V  | VIIOI11:   |
| Have you had any bad r   | reactions to previous treatment   | ? Yes No Explain  |  |
|  | hen did you initially notice this   |   |  |
| Has it worsened over tir   | ne? Circle: Yes No Same Be  | etter Worse   |  |
|  | Circle: All Day Hours Minute  |   |  |
|  | ng with activities? Circle: Wor   |   |  |
|  | s. (Circle all that apply) Pain S   | Sharp Dull Numbness   | Ingling Aching Burning                                       |
| Stabbing Throbbing St  | m worse? Circle: Standing Sitti   | ing Lying Ronding Liftir  | ag Twisting Other  |
| Does anything relieve ye   | our symptoms? Yes:  | ing Lying Bending Linii   | No, Nothing Helps  |
| Do you have any other  | our symptoms? Yes:conditions/symptoms that may  | be related to current sy  | vmptoms?   |
| Have you ever been in a  | an auto accident or other physic  | cal trauma? When?   |  |
|  | ded? Circle LEFT RIGHT  |   |  |

What would you like to be able to do but are unable to do so now?\_\_\_\_\_

PRINT NAME OF PATIENT \_\_\_\_\_ DATE \_\_\_\_ /\_\_\_\_

Signature of patient (or parent/legal guardian) \_\_\_\_\_\_

Thank you for taking the time to complete this paperwork!

This page was reviewed (with additions initialed) by Dr. Mulcahey\_\_\_\_\_\_\_

## Informed Consent to Chiropractic Care (Please read carefully before signing.)

**Chiropractic Adjustment:** The doctor will use her hands or a mechanical device in order to adjust your spinal joints. This procedure is called a spinal adjustment and is intended to reduce spinal subluxation (slight dislocation of the spinal joints). You may feel a 'click' or a 'pop' as well as a movement of the joint. Various ancillary procedures such as electric simulation therapy, traction or hot/cold packs may also be used.

Risks: As with any health care procedure, complications are possible following a chiropractic adjustment. Fracture of bone, muscular strain, ligament strain, dislocation of joints, injury to intervertebral discs, nerves or spinal cord are all rare occurrences and generally result from some underlying weakness of the bone or surrounding tissues. Usually, there is an underlying, pre-existing vascular condition like atherosclerosis that contributes in a stroke resulting after a neck adjustment. A minority of patients may notice stiffness or soreness after the first few days of treatment. We will not accept individuals for treatment unless we feel confident that we can safely help them.

Probability of Risks: The risks and complications of chiropractic care, acupuncture and massage have all been described as 'rare'. The risk of cerebrovascular injury or stroke has been estimated at one in <u>one million to one in twenty million</u>, and can be even further reduced <u>by our screening procedures</u>. The probability of adverse reaction due to ancillary procedures is also considered to be 'rare'.

Risks of remaining untreated: Delay of treatment allows formation of adhesions, scar tissue and other degenerative changes. These changes can further reduce skeletal mobility and induce chronic pain cycles. It is quite probable that delay of treatment will complicate the condition and make future rehabilitation more difficult.

I have had the following risks of my case explained to me. If you/and/or the individual listed below understand the above information, please sign below. This signature authorizes treatment, acknowledges Notice of Privacy Practices and also authorization to submit to insurances (if applicable). Patient or guardian understands that he/she is responsible for payment of all services.

**Patient Authorization:** I have read or have had read to me, the explanation of care offered at this facility. I have had the opportunity to have any questions answered. I have fully evaluated the risks and benefits of undergoing treatment and hereby give my full consent to the items mentioned above.

| PRINT NAME of Patient (or Guardian of minor) |      |
|--|------|
|  | 1 1  |
| SIGNATURE of Patient (or Guardian of minor)  | Date |

Back Index Name Date

This questionnaire is to see how your back affects your everyday life. Please answer each section by marking the one statement that applies to you. If two or more statements in one section apply, mark the **one statement** that most closely describes your pain.

## **Pain Intensity**

- 0. The pain comes and goes and is very mild.
- 1. The pain is mild and does not vary much.
- 2. The pain comes and goes and is moderate.
- 3. The pain is moderate and does not vary much.
- 4. The pain comes and goes and is very severe.
- 5. The pain is very severe and does not vary

## Sleeping

- 0. I get no pain bed.
- 1. I get pain in bed but it does not prevent me from sleeping well.
- 2. Because of pain my normal sleep is reduced by less than 25%.
- 3. Because of pain my normal sleep is reduced by less than 50%.
- 4. Because of pain my normal sleep is reduced by less than 75%.
- 5. Pain prevents me from sleeping at all.

## Sitting

- 0. I can sit in any chair as long as I like.
- 1. I can only sit in my favorite chair as long as I like.
- 2. Pain prevents me from sitting more than 1 hour.
- 3. Pain prevents me from sitting more than 1/2 hour.
- 4. Pain prevents me from sitting more than 10 minutes.
- 5. I avoid sitting because it increases pain immediately.

## Standing

- 0. I can stand as long as I want without pain.
- 1. I have some pain while standing but it does not increase with time.
- 2. I cannot stand for longer than 1 hour without increasing pain.
- 3. I cannot stand for longer than 1/2 hour without increasing pain.
- 4. I cannot stand for longer than 10 minutes without increasing pain.
- 5. I avoid standing because it increases pain immediately.

## Walking

- 0. I have no pain while walking.
- 1. I have some pain while walking but it doesn't increase with distance.
- 2. I cannot walk more than 1 mile without increasing pain.
- 3. I cannot walk more than 1/2 mile without increasing pain.
- 4. I cannot walk more than 1/4 mile without increasing pain.
- 5. I cannot walk at all without increasing pain.

## **Personal Care**

- I do not have to change my way of washing or dressing in order to avoid pain.
- 1. I do not normally change my way of washing or dressing even even though it causes some pain.
- 2. Washing and dressing increases the pain, but I manage not to change my way of doing it.
- Washing and dressing increases the pain and I find it necessary to change my way of doing it.
- Because of pain, I am unable to do some washing and dressing without help.
- Because of pain, I am unable to do any washing or dressing without help.

## Lifting

- 0. I can lift heavy weights without extra pain.
- 1. I can lift heavy weights but it causes extra pain.
- 2. Pain prevents me from lifting heavy weights off the floor.
- 3. Pain prevents me from lifting heavy weights off the floor, but I can manage if they are conveniently positioned (e.g. on a table).
- Pain prevents me from lifting heavy weights off the floor, but I can manage light to medium weights if they are conveniently positioned.
- 5. I can only lift very light weights.

## **Traveling**

- 0. I get no pain while traveling.
- I get some pain while traveling but none of my usual forms of travel make it worse.
- I get extra pain while traveling but it does not cause me to seek alternative forms of travel.
- I get extra pain while traveling which causes me to seek alternate forms of travel.
- 4. Pain restricts all forms of travel except that done while lying down.
- 5. Pain restricts all forms of travel.

## **Social Life**

- 0. My social life is normal and gives me no extra pain.
- 1. My social life if normal but increases the degree of pain.
- 2. Pain has no significant affect on my social life apart from limiting my more energetic interests (e.g. dancing, etc.).
- 3. Pain has restricted my social life and I do not go out very often.
- 4. Pain has restricted my social life to my home.
- 5. I have hardly any social life because of the pain.

## Changing degree of pain

- 0. My pain is rapidly getting better.
- 1. My pain fluctuates but overall is definitely getting better.
- 2. My pain seems to be getting better but improvement is slow.
- 3. My pain is neither getting better or worse.
- 4. My pain is gradually worsening.
- 5. My pain is rapidly worsening.

## Neck Index Name Date

This questionnaire is to see how your neck pain affects your everyday life. Please answer each section by marking the one statement that applies to you. If two or more statements in one section apply, mark the **one statement** that most closely describes your pain.

## **Pain Intensity**

- 0. I have no pain at the moment.
- 1. The pain is very mild at the moment.
- 2. The pain comes and goes and is moderate.
- 3. The pain is fairly severe at the moment.
- 4. The pain is very severe at the moment.
- 5. The pain is the worst imaginable at the moment.

## Sleeping

- 0. I have no trouble sleeping.
- 1. My sleep is slightly disturbed (less than 1 hour sleepless).
- 2. My sleep is mildly disturbed (1-2 hours sleepless).
- 3. My sleep is moderately disturbed (2-3 hours sleepless).
- 4. My sleep is greatly disturbed (3-5 hours sleepless).
- 5. My sleep is completely disturbed (5-7 hours sleepless).

## Reading

- 0. I can read as much as I want with no neck pain.
- 1. I can read as much as I want with slight neck pain.
- 2. I can read as much as I want with moderate neck pain.
- 3. I cannot read as much as I want because of moderate neck pain.
- 4. I can hardly read at all because of severe neck pain.
- 5. I cannot read at all because of neck pain.

## Concentration

- 0. I can concentrate fully when I want with no difficulty.
- 1. I can concentrate fully when I want with slight difficulty.
- 2. I have a fair degree of difficulty concentrating when I want.
- 3. I have a lot of difficulty concentrating when I want.
- 4. I have a great deal of difficulty concentrating when I want.
- 5. I cannot concentrate at all.

## Work

- 0. I can do as much work as I want.
- 1. I can only do my usual work but no more.
- 2. I can only do most of my usual work but no more.
- 3. I cannot do my usual work.
- 4. I can hardly do any work at all.
- 5. I cannot do any work at all.

## **Personal Care**

- 0. I can look after myself normally without causing extra pain.
- 1. I can look after myself normally but it causes extra pain.
- 2. It is painful to look after myself and I am slow and careful.
- 3. I need some help but I manage most of my personal care.
- 4. I need help every day in most aspects of my self care.
- 5. I do not get dressed, I wash with difficulty and stay in bed.

## Lifting

- 0. I can lift heavy weights without extra pain.
- 1. I can lift heavy weights but it causes extra pain.
- 2. Pain prevents me from lifting heavy weights off the floor, but I can manage if they are conveniently positioned (e.g. on a table).
- 3. Pain prevents me from lifting heavy weights off the floor, but I can manage light to medium weights if they are conveniently positioned.
- 4. I can only lift very light weights.
- 5. I cannot lift or carry anything at all.

## **Driving**

- 0. I can drive my car without any neck pain.
- 1. I can drive my car as long as I want with slight neck pain.
- 2. I can drive my car as long as I want with moderate neck pain.
- 3. I cannot drive my car as long as I want because of moderate neck pain.
- 4. I can hardly drive at all because of severe neck pain.
- 5. I cannot drive my car at all because of neck pain.

## Recreation

- 0. I am able to engage in all my recreation activities without neck pain.
- I am able to engage in all my usual recreation activities with some neck pain.
- 2. I am able to engage in most but not all my usual recreation activities because of neck pain.
- I am only able to engage in a few of my usual recreation activities because of neck pain.
- 4. I can hardly do any recreation activities because of neck pain.
- 5. I cannot do any recreation activities at all.

## Headaches.

- 0. I have no headaches at all.
- 1. I have slight headaches which come infrequently.
- 2. I have moderate headaches which come infrequently.
- 3. I have moderate headaches which come frequently.
- 4. I have severe headaches which come frequently.
- 5. I have headaches almost all the time.

## **Headache Disability Index**

| Name   | Date                  | Age               | Score Total: _       |           |                     |
|--|-----------------------|-------------------|----------------------|-----------|---------------------|
| INSTRUCTIONS: Please CIRCLE the              | e correct respons     | ο,                |                      |           |                     |
| 1. I have headache(s): [1] One per m         | •                     |                   | an / ner month       | [3] mor   | e than one          |
| per week                                     |                       | าสา า มนา เธรร แ  | ian 4 per monun      |           | 5 than one          |
| 2. My headache is [1] mild [2] mo            | derate [3] sever      | · <b>^</b>        |                      |           |                     |
| z. Wy noddaone is [1] mid [z] me             | derate [o] sever      | · ·               |                      |           |                     |
| <b>INSTRUCTIONS</b> : (Please read caref     | ully) The purpose     | e of the scale is | to identify difficul | ties that | vou mav             |
| be experiencing because of your head         | • /                   |                   | •                    |           |                     |
| item. Answer each question as it perf        |                       |                   | ,                    |           |                     |
|  | ,                     | ,                 | YES S                | OMETIN    | MES NO              |
| 1. Because of my headaches, I feel ha        | andicapped.           |                   | [                    | 11        | 1_[1                |
| 2. Because of my headaches, I feel re        | stricted in perform   | ing my routine d  | aily activities [    | ] [       | 1 []                |
| 3. No one understands the effect my h        | neadaches have or     | n my life.        |                      |           | ] []                |
| 4. I restrict my recreational activities (   | eg. sports, hobbie    | s) because of my  | y headaches. [       |           | ] []                |
| 5. My headaches make me angry.               |                       |                   |                      | ][        | ] []                |
| 6. Sometimes I feel that I am going to       | lose control becau    | ise of my headad  | ches. [              | <u> </u>  | ] []                |
| 7. Because of my headaches, I am les         | s likely to socialize | е                 | [                    | ] [       | ] [                 |
| 8. My spouse (significant other), or far     | nily and friends ha   | ve no idea what   | I am going           |           |                     |
| through because of my headaches.             |                       |                   | [_]                  |           |                     |
| 9. My headaches are so bad that I fee        | I that I am going to  | go insane.        |                      |           | Щ.                  |
| 10. My outlook on the world is affected      |                       |                   |                      |           | <u> </u>            |
| 11. I am afraid to go outside when I fee     | el that a headache    | is starting.      | [ ]                  |           |                     |
| 12. I feel desperate because of my hea       | adaches.              |                   |                      |           |                     |
| 13. I am concerned that I am paying pen      |                       |                   |                      |           |                     |
| 14. My headaches place stress on my          | -                     | -                 |                      |           | $\perp \perp \perp$ |
| 15. I avoid being around people when         |                       |                   |                      |           | ] []                |
| 16. I believe my headaches are making        | _                     |                   | oals in life. [ ]    |           | <u> </u>            |
| 17. I am unable to think clearly because     | -                     |                   | [ ]                  | [_        |                     |
| 18. I get tense (eg. muscle tension) be      | •                     |                   |                      | [_        |                     |
| 19. I do not enjoy social gatherings bed     | •                     | aches.            | [ ]                  | [         |                     |
| 20. I feel irritable because of my heada     |                       |                   | [ ]                  |           |                     |
| 21. I avoid traveling because of my hea      |                       |                   |                      |           | للسل                |
| 22. My headaches make me feel confu          |                       |                   | [_]                  |           |                     |
| 23. My headaches make me feel frustr         |                       |                   |                      |           | لِلِسا              |
| 24. I find it difficult to read because of   | •                     |                   | []                   | [_]       |                     |
| 25. I find it difficult to focus my attentio | n away trom my he     | eadaches and or   | n other things.[ ]   |           |                     |

## **NOTICE OF PRIVACY PRACTICES**

## Sue Mulcahey, DC, LLC

This Notice of Privacy Practices ("Notice") describes how medical information about you may be used and disclosed, and how you can get access to this information. Please review it carefully.

<u>Your Rights</u> When it comes to your health information, you have certain rights. This section explains your rights and some of our responsibilities to help you.

#### Get an electronic or paper copy of your medical record

- You can ask to see or get an electronic or paper copy of your medical record and other health information we have about you. Ask us how to do
  this.
- We will provide a copy or a summary of your health information, usually within 30 days of your request. We may charge a reasonable, costbased fee.

## Ask us to correct your medical record

- You can ask us to correct health information about you that you think is incorrect or incomplete. Ask us how to do this.
- We may say "no" to your request, but we'll tell you why in writing within 60 days.

#### Request confidential communications

- You can ask us to contact you in a specific way (for example, home or office phone) or to send mail to a different address.
- We will say "yes" to all reasonable requests.

#### Ask us to limit what we use or share

- You can ask us not to use or share certain health information for treatment, payment, or our operations. We are not required to agree to your request, and we may say "no" if it would affect your care.
- If you pay for a service or health care item out-of-pocket in full, you can ask us not to share that information for the purpose of payment or our operations with your health insurer. We will say "yes" unless a law requires us to share that information.

#### Get a list of those with whom we've shared information

- You can ask for a list (accounting) of the times we've shared your health information for six years prior to the date you ask, who we shared it with, and why.
- We will include all the disclosures except for those about treatment, payment, and health care operations, and certain other disclosures (such as any you asked us to make). We'll provide one accounting a year for free but will charge a reasonable, cost-based fee if you ask for another one within 12 months.
- · Get a copy of this privacy notice

You can ask for a paper copy of this notice at any time, even if you have agreed to receive the notice electronically. We will provide you with a paper copy promptly.

#### Choose someone to act for you

- If you have given someone medical power of attorney or if someone is your legal guardian, that person can exercise your rights and make choices about your health information.
- We will make sure the person has this authority and can act for you before we take any action.

#### File a complaint if you feel your rights are violated

- You can complain if you feel we have violated your rights by contacting our Privacy Official at 2711 W. Sixth Street, Lawrence, KS 785-832-9355.
- You can file a complaint with the U.S. Department of Health and Human Services Office for Civil Rights by sending a letter to 200 Independence Avenue, S.W., Washington, D.C. 20201, calling 1-877-696-6775, or visiting <a href="https://www.hhs.gov/ocr/privacy/hipaa/complaints/">www.hhs.gov/ocr/privacy/hipaa/complaints/</a>

We will not retaliate against you for filing a complaint.

We ask that you exercise your rights in writing. We offer forms and templates to help you exercise your privacy rights and to help us protect your health information.

### **Your Choices**

For certain health information, you can tell us your choices about what we share. If you have a clear preference for how we share your information in the situations described below, talk to us. Tell us what you want us to do, and we will follow your instructions.

#### In these cases, you have both the right and choice to tell us to:

- Share information with your family, close friends, or others involved in your care
- Share information in a disaster relief situation
- Include your information in a hospital directory. If you are not able to tell us your preference, for example if you are unconscious, we may go ahead and share your information if we believe it is in your best interest. We may also share your information when needed to lessen a serious and imminent threat to health or safety

#### In these cases we never share your information unless you give us written permission:

- Marketing purposes
- Sale of your information
- Most sharing of psychotherapy notes

## In the case of fundraising:

• We may contact you for fundraising efforts, but you can tell us not to contact you again.

## NOTICE OF PRIVACY PRACTICES

## Sue Mulcahey, DC, LLC

#### **Our Uses and Disclosures**

How do we typically use or share your health information? We typically use or share your health information in the following ways.

#### Treat vou

We can use your health information and share it with other professionals who are treating you.

Example: A doctor treating you for an injury asks another doctor about your overall health condition.

#### Run our organization

We can use and share your health information to run our practice, improve your care, and contact you when necessary.

Example: We use health information about you to manage your treatment and services.

#### Bill for your services

We can use and share your health information to bill and get payment from health plans or other entities.

Example: We give information about you to your health insurance plan so it will pay for your services.

#### How else can we use or share your health information?

We are allowed or required to share your information in other ways – usually in ways that contribute to the public good, such as public health and research. We have to meet many conditions in the law before we can share your information for these purposes. For more information see: www.hhs.gov/ocr/privacy/hipaa/understanding/consumers/index.html

#### Help with public health and safety issues

We can share health information about you for certain situations such as:

- Preventing disease
- Helping with product recalls
- Reporting adverse reactions to medications
- Reporting suspected abuse, neglect, or domestic violence
- Preventing or reducing a serious threat to anyone's health or safety

## Do research

• We can use or share your information for health research.

#### Comply with the law

• We will share information about you if state or federal laws require it, including with the Department of Health and Human Services if it wants to see that we're complying with federal privacy law.

## Respond to organ and tissue donation requests

• We can share health information about you with organ procurement organizations.

#### Work with a medical examiner or funeral director

We can share health information with a coroner, medical examiner, or funeral director when an individual dies

## Address workers' compensation, law enforcement, and other government requests

We can use or share health information about you:

- For workers' compensation claims
- For law enforcement purposes or with a law enforcement official
- With health oversight agencies for activities authorized by law
- For special government functions such as military, national security, and presidential protective services

#### Respond to lawsuits and legal actions

• We can share health information about you in response to a court or administrative order, or in response to a subpoena.

#### **Our Responsibilities**

- We are required by law to maintain the privacy and security of your protected health information.
- We will let you know promptly if a breach occurs that may have compromised the privacy or security of your information.
- We must follow the duties and privacy practices described in this notice and give you a copy of it.
- We will not use or share your information other than as described here unless you tell us we can in writing. If you tell us we can, you may change your mind at any time. Let us know in writing if you change your mind.

For more information see: www.hhs.gov/ocr/privacy/hipaa/understanding/consumers/noticepp.html

<u>Changes to the Terms of this Notice</u> We can change the terms of this notice, and the changes will apply to all information we have about you. The new notice will be available upon request, in our office, and on our web site.

This Notice of Privacy Practices is effective as of: October 1<sup>st</sup>, 2013

The Notice of Privacy Practices was last revised on 10/01/2013