



Amy S. Elder APRN, WHNP-BC
 Brianna Kassel APRN, FNP-C
 591 N Knik Street, Suite E
 Wasilla, Alaska 99654
 Phone: 907-203-0044 Fax: 907-331-0505
 Email: office@karisalaska.com

PATIENT DEMOGRAPHIC INFORMATION

Full Legal Name _____ Date of Birth _____
 Previous/Maiden Name _____ Nickname _____
 Social Security # _____ Cell Phone _____ Other Phone _____
 Mailing Address _____
 City _____ State _____ Zip _____ Preferred Pharmacy _____
 Email _____ Gender _____
 Marital Status _____ Occupation _____
 Please check appropriate box(es): African American Alaskan Native Asian Caucasian Hispanic Mediterranean
Native American Northern European Other _____
 Referring Provider _____ How did you learn about us? _____
 Emergency Contact _____ Relationship _____ Phone Number _____

IF PATIENT HAS A LEGAL GUARDIAN or HEALTHCARE PROXY PLEASE COMPLETE THE FOLLOWING:

(Please provide appropriate supporting paperwork)

Legal Guardian _____ Date of Birth _____
 Relationship to Patient _____ Phone (If different from above) _____
 Address (If different from above) _____
 Primary part to contact for billing (circle one): **YES NO**

INSURANCE INFORMATION:

Billing preference (circle one): Insurance Self Pay

PLEASE PRESENT PHOTO ID AND INSURANCE INFORMATION TO FRONT DESK TO BE COPIED IN ADDITION TO COMPLETING THE FOLLOWING:

Primary Insurance _____ ID# (INCLUDE ALPHA PREFIX) _____ Group #: _____
 Name of Policy Holder _____ DOB _____ Relationship _____

 Secondary Insurance _____ Insurance ID# _____ Group #: _____
 Name of Policy Holder _____ DOB _____ Relationship _____

Patient Initials:
 Date:

OFFICE USE ONLY:
P1: _____
P2: _____
Chart: _____
Scheduled: _____

PRIVATE HEALTH INFORMATION

As our client we want you to know that we respect the privacy of your personal medical records and will do all we can to secure and protect that privacy. We strive to always take precautions to protect your private health information. When it is appropriate and necessary, we will provide the minimum information to only those we feel are in need of your health care information for treatment, payment or health care operations. I acknowledge that I have received, or had the opportunity to receive, a full copy of our **Notice of Privacy Policies (NoP)**. I understand that I can obtain an additional copy of these rights from this office or my portal any time. The Health Insurance Portability and Accountability Act of 1996 (HIPAA) privacy rule gives individuals the right to request a restriction on uses of Private Health Information (PHI). The individual is also provided the right to request confidential communications or that communication of PHI be made by alternate means, such as sending correspondence to the individual’s home, work, or fax number. The Privacy Rule generally requires healthcare providers to take reasonable steps to limit the use of disclosure for PHI to the minimum necessary to accomplish the intended purpose.

Signature _____ Date _____

These provisions do not apply to uses made pursuant to an authorization requested by the individual. Healthcare entities must keep records of PHI disclosures. By supplying my phone number, email address, and any other personal contact information, I authorize my healthcare provider to disclose my PHI. I also authorize my healthcare provider to communicate my PHI in the following manner:

- Provider may mail my information to my mailing address: **YES** **NO**
- Provider may leave a voicemail on my cell phone: **YES** **NO**
- Provider may send information to email provided on page one: **YES** **NO**

Provider may release information to the following individuals:

Name	DOB	Relationship	Phone Number
1) _____	_____	_____	_____
2) _____	_____	_____	_____
3) _____	_____	_____	_____

Signature _____ Date _____

CONSENT FOR TREATMENT

I authorize the collective health care providers at Karis Integrative Medicine, LLC to render mutually agreed upon services as necessary for my care and/or my family.

Signature _____ Date _____

Patient Initials:
Date:

FINANCIAL AGREEMENT

I understand that I am responsible for all fees regardless of insurance. I understand that fees will be generated for all services rendered if paying with insurance; I am responsible for furnishing the insurance information correctly to the office prior to treatment unless other arrangements have been made in advance. I hereby authorize Karis Integrative Medicine, LLC to furnish information to insurance carriers concerning my illness/injury and treatment and hereby assign all payments for medical services rendered to myself and my dependents. I understand that Karis Integrative Medicine, LLC uses Aurora Billing & Coding as their outsourced billing company and may be contacted by them for payment or additional billing related information. **I understand that Karis Integrative Medicine, LLC does not respond to or process prescription prior authorization requests from pharmacies.** The medications that are chosen for me (if any) are as a result of the collaborative efforts between myself and my provider and is what is best for me to treat my condition. If my insurance requires a prior authorization to fill a medication, I understand that I will be responsible for paying cash for that medication, or contacting my insurance company to request they fill the prescribed medication.

Signature _____ Date _____

HEALTH INVENTORY

Our ability to draw effective conclusions about your present state of health and how to improve it depends, to a significant extent, on your ability to respond thoughtfully and accurately to both these written questions and those posed by the clinician during your consultations. Health issues are usually influenced by many factors. Accurately assessing all the factors and comprehensively managing them is the best way to deal with these health challenges. Your careful consideration of each of the following questions will enhance our efficiency and will provide for more effective use of your scheduled consultation time. These questions will help to identify underlying causes of illness and will also assist us to formulate a treatment plan.

Are you familiar with functional medicine? YES NO

Is this something you would incorporate into your care? YES NO

Please list the primary reason for your visit and/or your main concerns: _____

Please list any other providers you may see or have seen in the last 7 years. This will help coordinate your care.

Office Name	Provider	Reason for Visit	Treatment
<i>Example: Mat-Su Integrative</i>	<i>Dr. Ty Vincent</i>	<i>Allergies, Hormones</i>	<i>Hormone Replacement Therapy</i>

Patient Initials:

Date:

Please circle or check next to any Past Medical and Surgical History that apply and when it was diagnosed:

Illnesses	When		When		When
Alcoholism		Eczema/other skin issues		Mononucleosis	
Anemia		Epilepsy or seizures		Pneumonia	
Anxiety/Depression		Gallstones		Recurrent Infections	
Arthritis		GERD/Acid reflux		Rheumatic Fever	
Asthma		Heart Attack		Scoliosis	
Autoimmune Disorder		Hepatitis		Sinusitis	
Bronchitis		High Cholesterol		Sleep Apnea	
Cancer:		High Blood Pressure		Stroke	
Chronic Fatigue Syndrome		Irritable Bowels		Substance Abuse	
Crohn's/Ulcerative Colitis		Kidney Stones		Thyroid Issues	
COPD/Emphysema		Mental delays/illness		Other:	
Diabetes		Migraines		Other:	

Back injury		Barium Enema	
Broken:		Bone Scan	
Head Injury		CAT Scan of Abdomen	
Neck Injury		CAT Scan of Brain	
Other:		CAT Scan of Spine	
Other:		Chest X-Ray	
Operations/Surgeries		Colonoscopy	
Appendectomy		ECC/EKG	
Dental Surgery		Liver Scan	
Eye Surgery		Mammogram/Thermogram	
Gallbladder		Neck X-Ray	
Hernia Repair		NMR/MRI	
Hysterectomy		Sigmoidoscopy	
Tonsillectomy		Upper GI Series	
Elective Surgery		Other:	

Patient Initials:

Date:

HOSPITALIZATIONS:

Why were you hospitalized?	Where	When	How Long

MEDICATIONS: I consent to my medication history to be imported: **YES NO**

Medication Name	Dosage	Date Started

ALLERGIES: include food, drug, and environmental allergies with start dates and reactions.

Allergy	Reactions	Onset Date

SUPPLEMENTS: including Tylenol, Tums, and Over the Counter (OTC's) Medications

Vitamin/Mineral/Supplement Name	Dosage	Start Date

BIRTH AND CHILDHOOD

Place of Birth: _____ Birth Weight: _____ Childhood Hometown: _____

Were you born full term? Weeks?		How were you delivered?	
Were you breastfed?		Delivery presentation?	

Patient Initials:

Date:

Prenatal or neonatal complications?		Rh incompatibility factors?	
Any tobacco, alcohol, or drug use by mother?		Any recurrent childhood infections?	
Did your mother take Prenatal Vitamins?		Comments:	

Did you receive all your childhood vaccines? **YES NO**
 Do you get yearly Flu Vaccines? **YES NO**
 Date last flu vaccine: _____
 Did you receive a Gardasil or alternative HPV Vaccine? **YES NO**
 If yes, did you get the complete series? **YES NO**
 Date of last HPV vaccine: _____
 Did you get any COVID shots? **YES NO**
 if yes, what type: _____
 Date of doses: _____ Any other vaccines? _____

OB/MENSTRUAL (Please fill out even if not currently cycling)

Age at onset of menstrual cycles? _____ First day of **last** menstrual cycle _____ Pain scale 1-10? ____
 Monthly Cycles? **YES/NO** Date of prior cycle: _____ Average length of cycles _____
 Average days between cycles _____ Any PMS symptoms? _____
 Date of Last Pap _____ Any abnormal PAPS? **YES/NO** Explain _____ Have
 you ever been sexually active? **YES/NO** Currently sexually active? **YES/NO** Age at 1st intercourse _____
 Was sex consensual? **YES/NO**
 Have you ever had non consensual sex? **YES/NO** How many lifetime sexual partners? _____
 How long with your current partner? _____ How many partners have you had in the last 5 years? _____
 Does your current partner have any other partner? **YES/NO**
 If yes, how many partners have they had in the last year? _____
 Do you have any issues or concerns with sexual function? _____
 Any history of STI's, recurrent vaginal infections, or urinary tract infections? **YES/NO** If yes, when and what type?

 Contraceptives Use (including sterilization)? **YES/NO** If yes, what are you using: _____
 How long have you been using this method: _____
 If No, are you interested in contraception counseling or family planning? **YES/NO**
 Have you ever been pregnant? **YES/NO** _____
 Total number of pregnancies:
 ___ Full Term ___ Premature ___ Miscarriages ___ Abortions ___ Multiple Births ___ Living Children

Delivery Date	Weeks Along	Labor Hours	Birth Weight	Sex	Delivery Method	Facility of Delivery	Complications YES or NO	Comments:

Patient Initials:
 Date:

Are you Pre-menopausal? **YES/NO/UNSURE**

Are you menopausal? **YES/NO/UNSURE** Age of Menopause: _____

Are you having any perimenopausal or menopausal symptoms: **YES/NO**

If yes, please list symptoms: _____

Have you ever been on Hormone Replacement Therapy (HRT) in the PAST? **YES/NO**

If yes, when and what kind? _____

LIFESTYLE AND SOCIAL INFORMATION

Have you ever used alcohol? **YES/NO** Current Use: **YES/NO** If yes how often do you now drink alcohol?

Alcohol	Social/Occasional/Light/Heavy	Amount	Last Use	Glasses, Bottles, Drinks, Cans	Day, Week, Month
Beer					
Wine					
Liquor					

Have you, or do you use Marijuana? **YES/NO** If so, how often _____

Do you or have you used any nicotine products? **YES/NO**

Past use: Amount per day _____ Last Use _____ Type Used _____ For how long? _____

Current use: Amount per day _____ Type Used _____ For how long? _____

Are you exposed to secondhand smoke regularly? **YES/NO**

Have you, or do you use recreational drugs? **YES/NO** If so, what kind and how often? _____

Have you had any occupational exposures? (i.e. lead, mercury, industrial chemicals) **YES/NO** If so, when and what kind? _____

With whom do you live? (include children, parents, relatives, and/or friends): _____

Do you own any pets or farm animals? **YES/NO** If yes, please list: _____

What kind home do you live in? _____ Age of Home: _____ Well or City water? _____

Does your home require stairs? **YES/NO**

Do your home have any safety concerns? **YES/NO**

If yes, explain: _____

Who do you rely on for emotional support? _____

Have you or your family recently experienced any major life changes or losses? **YES/NO**

If yes, please comment: _____

Unfortunately, abuse and violence of all kinds, verbal, emotional, physical, and sexual are leading contributors to chronic stress, illness, and immune system dysfunction; witnessing violence and abuse can also be very traumatic. If you have experienced or witnessed any kind of abuse in the past or if abuse is now an issue in your life, it is very important that you feel safe telling us about it, so that we can support you and optimize your treatment outcomes.

Do you currently feel safe in your home and with your family? **YES/NO**

Are you on a special diet? **YES/NO** Comments: _____

Patient Initials:

Date:

Do you consume caffeine? **YES/NO** If yes, explain: _____

Do you exercise regularly? **YES/NO** if yes, how often and for how long? _____

How many hours of sleep on average do you get? _____ Do you feel rested when you wake? **YES/NO**

Do you take naps often? **YES/NO**

Do you wear glasses or contacts? **YES/NO**

Date of last eye exam: _____

Date of last dental visit: _____

Do you require the use of hearing aids? **YES/NO**

When was your last hearing test? _____

FAMILY HISTORY

MEDICAL CONDITION <i>Mark if Alive (A) or Deceased (D)</i>	Mom	Dad	Sister	Brother	Child	Child	Child	Mom's Mom	Mom's Dad	Dad's Mom	Dad's Dad
DOB or Age at time of death											
Alcoholism											
Anemia											
Anxiety											
Arthritis											
Asthma											
Autism											
Autoimmune Disorder											
Bleeding Disorders											
Cancer: Breast											
Cancer:											
Cancer:											
Cleft Lip/Palate											
COPD											
Dementia											
Depression											
MEDICAL CONDITION <i>Mark if Alive (A) or Deceased (D)</i>	Mom	Dad	Sister	Brother	Child	Child	Child	Mom's Mom	Mom's Dad	Dad's Mom	Dad's Dad
Developmental Delay											
Diabetes											

Patient Initials:

Date:

Eczema												
Food Allergy												
Genetic Disorder												
GERD/Acid Reflux												
Glaucoma												
Hay Fever												
Hearing Loss												
Heart Attack/Coronary Artery Disease												
High Cholesterol												
High Blood Pressure												
Inflammatory Bowel Disorder (Crohn/IBS/UC)												
Kidney Disease												
Migraine Headaches												
Psoriasis												
Psychiatric/Mental Illness												
Scoliosis												
Stroke												
Substance Abuse												
Thyroid Disorders												
Tuberculosis												
Ulcers												
Death before age 56												
Other:												
Other:												

Thank you for taking the time to complete this questionnaire.
Your participation in your health is the most important key to your success.

Patient Initials:
Date:

PATIENT FINANCIAL RESPONSIBILITY POLICY

Thank you for choosing KARIS Integrative Medicine, LLC for your medical needs. Please read the information below and sign the form at the bottom to confirm your understanding of our financial responsibility policy.

We will complete an initial verification of your benefits once we receive a copy of your Insurance Card with your policy number (or member ID). This is being done to provide the most accurate information to you at the time of your visit, regarding your financial responsibility. Please note that our office has a \$50.00 late cancel and/or no-show fee policy if you do not attend your appointment or cancel your appointment with less than 24 hours' notice.

In-network vs. Out-of-network Providers - Definitions

In-network:

- A provider that has a contractual relationship with a health plan or issuer for the item or service provided.
- KARIS Integrative Medicine, LLC is in-network with BCBS, Aetna, Cigna, Medicaid, Meritain, MODA, United Healthcare, & Allied Benefit Systems.

Out-of-network:

- A provider that doesn't have a contractual relationship with a health plan or issuer for the item or service provided.
- KARIS Integrative Medicine, LLC is out-of-network with all Insurance plans not listed above.
- We have opted out of Medicare and therefore are unable to bill Medicare for any of the services you receive in this clinic.

The above means that if you are covered by one of the out-of-network plans, you will be responsible for payment of the fees associated with your visit today, however, we can bill your insurance as a courtesy. If your insurance plan makes payment to KARIS Integrative Medicine, you will be refunded the amount your plan pays.

KARIS Integrative Medicine, LLC Fee Schedule for cash patients is \$400.00 per hour for services rendered on the date of your visit. Payment is appreciated at the time services are rendered unless other arrangements have been made in advance.

By signing below, I _____ understand that I will be responsible for any copays or deductibles due as verified on the date that I receive services from KARIS Integrative Medicine, LLC. I further understand that if my outstanding balance is not paid in full within 90 days of my first statement, my account may be turned over to collections. Please speak to a member of our staff if you need to discuss payment arrangements.

PATIENT SIGNATURE: _____ DATE: _____

Patient Initials:
Date:

CREDIT CARD AUTHORIZATION FORM

Credit Card Information	
Card Type: <input type="checkbox"/> Mastercard <input type="checkbox"/> Visa <input type="checkbox"/> Discover <input type="checkbox"/> AMEX	
Cardholder Name (as shown on card):	
Card Number:	
Expiration Date (mm/yy):	CVV Code:
Card holder Zip code (from card billing address):	

By signing below, I _____ authorize KARIS Integrative Medicine, LLC to charge my credit card above for balances owing on my account. I understand that my information will be saved on file for use in future transactions.

PATIENT SIGNATURE: _____ DATE: _____

Patient Initials:
Date: