



Name: \_\_\_\_\_ Today's Date: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Age: \_\_\_\_\_

Height: \_\_\_\_\_ Weight: \_\_\_\_\_

Street Address: \_\_\_\_\_

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

Phone Numbers: Home: \_\_\_\_\_ Cell: \_\_\_\_\_

Email Address 1 \_\_\_\_\_

Occupation: \_\_\_\_\_

Marital Status: (please circle)    Single    Married    Divorced    Widow

Spouse – Significant Other's Name: \_\_\_\_\_

Spouse – Significant Other's Phone Number: \_\_\_\_\_

In Case of Emergency, whom shall we notify: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Pharmacy: \_\_\_\_\_

Primary Care Provider: \_\_\_\_\_

How did you hear about us? \_\_\_\_\_

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

**The Success of Your Hormone Therapy Depends on What You Tell Your Provider.**  
**Many Symptoms of Hormone Imbalance/Depletion can be effectively treated.**  
**Please check off which symptoms you have experienced.**  
**Our Providers will review these symptoms again at each visit and document each improvement date.**

Improved  
Date

☐

**Irritability**

☐

**Lethargy/Fatigue**

☐

**Depression**

☐

**Headaches**

☐

**Hot Flashes**

☐

**Forgetfulness**

☐

**Weight Gain**

☐

**Insomnia**

☐

**Other,  
Please Explain:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Improved  
Date

☐

**Joint/Back Aches**

☐

**Palpitations**

☐

**Crying Spells**

☐

**Burning Urination**

☐

**Pain with Sex**

☐

**Vaginal Dryness**

☐

**Decreased Sexual  
Desire**

☐

**Decreased Sexual  
Activity**

☐

**Erectile Dysfunction**

Please Complete with all current prescription medications.

Patient Name:	Allergies:
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Date	Medications

NOTES:

## **Female Consent to Treat**

I \_\_\_\_\_, am at least 18 years old and have requested that Regain Functional Medicine prescribe for me bio-identical hormones, which may include estrogen, testosterone, and progesterone. I understand that the use of bio-identical hormones is not frequently used in main stream medical practice. However, I wish to use bio-identical hormones that are structurally similar to my own rather than hormones that are unlike those produced in humans. I realize there may be risks to my health that have not yet been reported in medical literature.

My provider has explained to me that the risks of administering any estrogen could include stimulation of the lining of the uterus, stimulation of previously undetected breast cancer, elevation of blood pressure, changes in liver function and clotting disorders. My provider has also explained to me the possible side effects of administering **non**-bioidentical estrogen and progestin such as weight gain, irregular bleeding, and other emotional side effects.

I understand that although administration of bio-identical hormones appears to have fewer side effects, there may be unreported side effects from its use. I am willing to accept this risk.

I agree to monitor my body through regular mammograms, pap smears, blood pressure checks and other tests and procedures recommended by my provider while I am taking hormones. I understand that I may stop taking hormones at any time. I will inform my provider if I change the dose or frequency of these hormones or if I discontinue them. I have had the opportunity to ask and receive satisfactory answers to all my questions.

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**Patient Signature**

**Date**

I understand that because Regain Functional Medicine is providing systemic hormone therapy, that an annual laboratory blood panel will be required as part of our treatment protocol.

You will be notified approx. 1 month prior to the date the bloodwork will be needed. The blood draw will be performed in our office by our trained providers. We will review your results at your next scheduled appointment.

Failure to complete the annual bloodwork could result in termination of your treatment through our office.

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**Patient Signature**

**Date**

## Notice of Privacy Practices-HIPAA

The Health Insurance Portability and Accountability Act (HIPAA) provides safeguards to protect your privacy. Implementation of HIPAA requirements officially began on April 14, 2003. Many of the policies have been our practice for years. This form is a "friendly" version. A more complete text is posted in the office. What this is all about: Specifically, there are rules and restrictions on who may see or be notified of your Protected Health Information (PHI). These restrictions do not include the normal interchange of information necessary to provide you with office services. HIPAA provides certain rights and protections to you as the patient. We balance these needs with our goal of providing you with quality professional service and care. Additional information is available from the U.S. Department of Health and Human Services. [www.hhs.gov](http://www.hhs.gov). We have adopted the following policies:

1. Patient information will be kept confidential except as is necessary to provide services or to ensure that all administrative matters related to your care are handled appropriately. This specifically includes the sharing of information with other healthcare providers, laboratories, health insurance payers as is necessary and appropriate for your care. Patient files may be stored in open file racks and will not contain any coding which identifies a patient's condition or information which is not already a matter of public record. The normal course of providing care means that such records may be left, at least temporarily, in administrative areas such as the front office, examination room, etc. Those records will not be available to persons other than office staff. You agree to the normal procedures utilized within the office for the handling of charts, patient records, PHI and other documents or information.
2. It is the policy of this office to remind patients of their appointments. We may do this by telephone, e-mail, text message or U.S mail, or by any means convenient for the practice and/or as requested by you. We may send you other communications informing you of changes to office policy and new technology or services that you might find valuable or informative.
3. We will use your health information for billing that may be sent to your or a third party payer. The information on or accompanying the bill may include information that identifies you, as well as your diagnosis, procedures, tests and supplies used in the course of your care in our office.
- 4.. The practice utilizes a number of vendors in the conduct of business. These vendors may have access to PHI but must agree to abide by the confidentiality rules of HIPAA.
5. You understand and agree to inspections of the office and review of documents which may include PHI by government agencies or insurance payers in normal performance of their duties.
6. You agree to bring any concerns or complaints regarding privacy to the attention of the office manager or the doctor.
7. Your confidential information will not be used for the purposes of marketing or advertising of products, goods or services.
8. We agree to provide patients with access to their records in accordance with state and federal laws.
9. We may change, add, delete or modify any of these provisions to better serve the needs of the both the practice and the patient.
10. You have the right to request restrictions in the use of your protected health information and to request change in certain policies used within the office concerning your PHI. However, we are not obligated to alter internal policies to conform to your request. I, \_\_\_\_\_ do hereby consent and acknowledge my agreement to the terms set forth in the HIPAA INFORMATION FORM and any subsequent changes in office policy. I understand that this consent shall remain in force from this time forward.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

## Insurance Policy

Preventive medicine and bio-natural hormone replacement is a unique practice and is considered a form of alternative medicine. Even though the Physicians and Medical Staff are Board Certified as Medical Doctors, Physician Assistants, Nurse Practitioners, and Registered Nurses, insurance does not recognize it as necessary medicine and it is therefore considered an elective treatment that requires private payment. We are unable to communicate with insurance providers as we are considered out of network.

Regain Functional Medicine is not associated with any insurance companies, which means insurance companies are not obligated to pay for our services (labs, new patient exams, hormone injections, orals, pellets, or insertions). We require payment at the time of service. We do accept Health Savings and Flexible Spending Accounts. We can provide our patients with further documentation if your HSA or FSA requires it.

We do not accept Medicare or Medicaid and do not provide insurance forms to be filed for out of network services. Our services are not reimbursable under Medicare law.

I have read the above information and agree to comply with all Regain policies in regard to insurance reimbursement for hormone therapy or any other treatment we use in our office.

Good Health!

The Regain Staff

Signature\_\_\_\_\_

Date\_\_\_\_\_