

# Welcome

Welcome to Holistic Health at Stonington Natural Health Center. We are so glad that you made it here. Soon you will experience a wonderful, relaxing treatment.

Here at Stonington Natural Health Center, we offer Acupuncture & Oriental Medicine Treatments, Naturopathic Medicine, the SNHC Customized Massage to your desired level of pressure incorporating Swedish and Deep Tissue Massage, Hot Stone Massage, Pregnancy Massage, and Reiki. Enjoy feeling better as you breathe more deeply and allow your mind to rest. These Holistic Therapies help you to let go of your worries. Your body, mind, and spirit will thank you for this enjoyable rejuvenating treatment.

If you are here for Oriental Medicine today, your treatment may include some combination of Acupuncture, Tui Na (twee nah) Massage, Herbal Medicine, Qi Gong (chee gung), or Nutritional Counseling. This is your time to discover the relaxation and bliss of these therapies as they unblock and promote the smooth flow of your Qi, or energy, and help you to heal.

For injuries or health complaints, it is recommended to come in for treatments for a series of days close together, such as daily, every other day, or every three days. You will receive the most benefit when being treated before the effects of the previous treatment disappear. During times of stress, anxiety, or depression, it is helpful to come in for Acupuncture and massage treatments at least once a week, and in severe cases, daily treatment is recommended. In China, it is common to see the Acupuncturist for a series of days in a row, then slowly space the treatments apart as a tune-up to maintain good health. This allows us to shift the pattern of your energy more quickly and easily and with longer lasting effects. And that's our goal: to get you better quickly and to instill long-term good health.

If you have any questions, concerns, or feedback, feel free to talk with or email us at [info@snhc.com](mailto:info@snhc.com).

**We appreciate this opportunity to contribute  
to you on your path towards optimal health  
and happiness.**

ALL OF US AT STONINGTON NATURAL HEALTH CENTER

All life is an experiment.  
The more experiments you make the better.  
RALPH WALDO EMERSON

Enjoy the journey.  
DEEPAK CHOPRA

# **Stonington Natural Health Center**

**\*acupuncture \* herbal medicine \* bodywork**

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## **INFORMED CONSENT FOR ACUPUNCTURE TREATMENT AND CARE**

I hereby request and consent to the performance of Acupuncture treatments and other complementary medicine procedures including various modes of physio-therapy on me (or on the patient named below, for whom I whom I am legally responsible) by Megan Marco, Doctor of Acupuncture, Licensed Acupuncturist.

I understand that methods or treatment may include, but are not limited to, Acupuncture, moxibustion, cupping, electrical stimulation, Tui-Na (Chinese Massage), shiatsu (Japanese Massage), Swedish Massage, acutonics (sound therapy), Chinese or Western herbal medicine and nutritional counseling.

I will discuss with Megan Marco, D.Ac., L.Ac. any questions or concerns that I have with my Acupuncture and Oriental Medicine treatments.

The goals of Acupuncture and Oriental Medicine treatments are to normalize physiological functions, to modify the perception of pain, and to treat certain diseases and dysfunctions of the body. I have been informed that Acupuncture is a safe method of treatment. Occasionally there may be some bruising or tingling near the needling sites that lasts a few days. There have been very rare instances reported of fainting, infection and scarring. There have been extremely rare instances reported of spontaneous miscarriage and pneumothorax. There may be bruising after cupping.

The herbs and nutritional supplements (which are from plant, animal and mineral sources) that have been recommended are considered safe in the practice of Chinese Medicine. I understand that some herbs may be inappropriate during pregnancy. If I experience any gastrointestinal upset or allergic reactions to the herbs, I will inform Megan Marco, D.Ac., L.Ac.

I do not expect the Acupuncturist to be able to anticipate and explain all risks and complications. I wish to rely on the Acupuncturist to exercise judgment during the course of the procedure which the Acupuncturist feels at the time, based upon the facts then known, is in my best interest.

I understand my records will be kept confidential and will not be released without my written consent.

I have read, or have had read to me, the above consent. If I have any questions, I will ask. By signing below, I agree to the above named procedures. I intend this consent form to cover the entire course of treatment for my present condition and for any future condition(s) for which I seek treatment.

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To be completed by the patient:

Patient's Name: \_\_\_\_\_

Signature \_\_\_\_\_

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

Are you pregnant? \_\_\_\_\_

Clinic/Office: Stonington Natural Health Center  
107 Wilcox Road, Suite 103  
Stonington, CT 06378

Name of Acupuncturist: Megan Marco, D.Ac., L.Ac.

To be completed by the patient's representative, if necessary, e.g., if the patient is a minor or is physically or legally incapacitated:

Patient's Name: \_\_\_\_\_

Patient's Representative: \_\_\_\_\_

Relationship to Authority: \_\_\_\_\_

Witness: \_\_\_\_\_

# Stonington Natural Health Center

\*acupuncture \* herbal medicine \* bodywork

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## FINANCIAL POLICIES FOR TREATMENT AND CARE

Oriental Medicine is excellent for helping you when you are not feeling well. If you have a cold, flu, illness or are in pain, those are the best times to come in. We prefer that you come in on time; however, if you are running late, we prefer that you arrive late rather than miss your appointment. If you need to change, reschedule, or cancel, we greatly appreciate your calling Stonington Natural Health Center as soon as you can and *at least two days, or 48 HOURS*, before your appointment.

### **“Minimum 48 Hours Cancellation Policy”:**

Your appointment time is reserved for you. **We ask for at least 48 hours notice. If LESS THAN 24 HOURS is given to Stonington Natural Health Center for rescheduling or canceling, your credit card will be charged for the appointment. Treatment packages will have one treatment deducted.**

SNHC Cancellation Policy means that if your appointment is 9 am Monday, you have **up to 24 hours before**, or 9 am Sunday, to reschedule in order not to be charged--please leave a message. We prepare our schedule days in advance, and while we know that situations arise, **this policy must exist for us to be here for you.** Thank you for understanding.

Payment: In an attempt to keep health care costs low, payment is required at the time of your service. Preferred payment methods are cash, check, Visa, Master Card, or Discover.

Treatment Plans: Dr. Marco or your Licensed Massage Therapist will develop your treatment plan to guide you to accomplish your goals and feel your best as soon as possible. Follow your Treatment Plan to achieve optimal results rather than experience a yo-yo effect.

Reduced Fee Treatment Packages: are available to (1) make check-out easier, (2) lower the price, and (3) make a commitment between practitioner and patient to help you complete your treatment goals. Treatment Packages are not refundable and can only be used for the services purchased. Acupuncture Treatment Packages and Massage Treatment Packages are good for a one year time period from the date of purchase and can be shared with one person.

Your credit card number is kept on file for payment of any missed or cancelled appointments, for guarantying personal checks, and when special orders are made for herbs, Gift Certificates, or if you don't bring in your wallet for your treatment – patients find this very convenient to have their credit card information on file. Your credit card information is kept private, confidential, and secure. This form is kept separate from your file in a locked safe.

### **The following information is required to receive treatments:**

Visa/MC \_\_\_\_\_ / \_\_\_\_\_  
(Please circle) Credit Card Number Month year 3 digit code on back

**I have read, I understand, and I agree to the above information:**

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Printed Name

\_\_\_\_\_  
Date

MEGAN MARCO, D.Ac., L.Ac.  
STONINGTON NATURAL HEALTH CENTER  
107 WILCOX ROAD, SUITE 103  
STONINGTON, CT 06378

## **PATIENT NOTICE OF PRIVACY POLICY**

THIS 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. (Health Insurance Portability and Accountability Act – “HIPAA”)

Patient Rights and Uses and Disclosures of Health Information:

### **PERSONAL HEALTH INFORMATION DISCLOSURE:**

In the course of your care as a patient at Stonington Natural Health Center, we may use or disclose personal or health related information about you in the following ways:

1. Your personal health information, including your clinical records, may be disclosed to another health care provider or hospital if it is necessary to refer you for further diagnosis, assessment or treatment.
2. Your health care records, as well as your billing records, may be disclosed to another party, such as an insurance carrier, an HMO, a PPO, or your employer, if they are or may be responsible for the payment of your services.
3. Your name and address, phone number, and your health care records may be used to contact you regarding appointment reminders, information about alternatives to your present care, Stonington Natural Health Center newsletters, or other health related information that may be of interest to you. If you are not home to receive an appointment reminder, a message may be left on your answering machine or voicemail. Further, you have the right to refuse to provide authorization for this office to contact you regarding these matters. If you do not provide us with this authorization it will not affect the care provided to you, or the reimbursement avenues associated with your care.

### **PERMITTED OR REQUIRED TO USE OR DISCLOSE HEALTH INFORMATION WITHOUT YOUR CONSENT OR AUTHORIZATION:**

UNDER federal law, we are also permitted or required to use or disclose your health information without your consent or authorization in these following circumstances:

1. If we are providing health care services to you based on the orders of another health care provider.
2. If we provide health care services to you in an emergency.
3. If there are substantial barriers to communicating with you, but in our professional judgment believe that you intend for us to provide care.
4. If we are ordered by the courts or another appropriate agency.

ANY USE OR DISCLOSURE OF YOUR PROTECTED HEALTH INFORMATION, OTHER THAN OUTLINED ABOVE WILL ONLY BE MADE WITH YOUR WRITTEN AUTHORIZATION

We normally provide information about your health in person at the time you receive services or care from us. We also may mail information to you regarding your health care, or about the status of your account. If you would like to receive this information at an address other than your home or, if you would like the information in a different form, please advise us in writing as to your preferences.

You have the right to inspect and/or copy your health information for seven years from the date that the record was created or as long as the information remains in our files. In addition, you have the right to request an amendment to your health information. Requests to inspect, copy or amend your health related information should be provided to us in writing

PRACTIONER LEGAL DUTIES

We are required by state and federal law to maintain the privacy of your patient file and the protected health information herein. We are also required to provide you with this notice of our privacy practices with respect to your health information.

We are further required by law to abide by the terms of this notice while it is in effect. We reserve the right to alter or amend the terms of this privacy notice. If changes are made to our privacy notice, we will notify you in writing as soon as possible following the changes. Any change in our privacy notice will apply for all of your health information in our files.

Information we use or disclose based on this privacy notice may be subject to re-disclosure by the person to whom we provide the information and may no longer be protected by the federal privacy rules.

COMPLAINTS & QUESTIONS

If you have a complaint regarding our privacy notice, our privacy practices or any aspect of our privacy activities, you should direct your questions to: Megan Marco, D.Ac., L.Ac., (860) 536-3880.

This notice is effective immediately. This notice, and any alternation or amendments made hereto, will expire seven (7) years after the date upon which the record was created. My signature acknowledges that I have received a copy of this notice.

\_\_\_\_\_  
Patient Name (printed)

\_\_\_\_\_  
Signature

\_\_\_\_\_  
DATE

STONINGTON NATURAL HEALTH CENTER  
Patient Health History

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

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

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

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

Please indicate the best number to reach you at and best number to leave messages:

Home Phone#: \_\_\_\_\_ Cell Phone#: \_\_\_\_\_

Work Phone#: \_\_\_\_\_ Occupation: \_\_\_\_\_

Spouse or Significant Other: \_\_\_\_\_

Email (to receive newsletters & coupons): \_\_\_\_\_

Hobbies and Interests: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_ Phone#: \_\_\_\_\_ Relationship: \_\_\_\_\_

Primary Care Physician: \_\_\_\_\_ Town, State: \_\_\_\_\_

Specialist: \_\_\_\_\_ Type: \_\_\_\_\_ Town, State: \_\_\_\_\_

Specialist: \_\_\_\_\_ Type: \_\_\_\_\_ Town, State: \_\_\_\_\_

Specialist: \_\_\_\_\_ Type: \_\_\_\_\_ Town, State: \_\_\_\_\_

How did you hear about Stonington Natural Health Center?  
\_\_\_\_\_

What is your primary health concern?

\_\_\_\_\_  
\_\_\_\_\_

How long has this condition persisted?

\_\_\_\_\_  
\_\_\_\_\_

What do you think is the cause?

\_\_\_\_\_  
\_\_\_\_\_

How does it affect you?

\_\_\_\_\_  
\_\_\_\_\_

What treatment have you received for this condition?

Diagnosis given?  
\_\_\_\_\_

What were the results of the treatment?  
\_\_\_\_\_

*All information within this document is considered privileged patient/provider communication by Dr. Marco and is held as CONFIDENTIAL INFORMATION in accordance with federal HIPAA regulations.*

## Patient Health History

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

What are your hopes and expectations from Acupuncture & Oriental Medicine treatment?

\_\_\_\_\_  
\_\_\_\_\_

Please list your most significant health problems in order of importance:

a. \_\_\_\_\_ c. \_\_\_\_\_  
b. \_\_\_\_\_ d. \_\_\_\_\_

Height \_\_\_\_\_ Weight \_\_\_\_\_ any recent weight loss or gain? Yes No

Do you have any reason to believe you are pregnant? Yes No

Do you have any chronic infectious diseases? Yes No

If yes, please explain: \_\_\_\_\_

Are you currently suffering from any chronic illnesses? Yes No

If yes, please explain: \_\_\_\_\_

Please list any hypersensitivities or allergies that you may have and your reaction:

Allergies--Foods: \_\_\_\_\_

Allergies—Environmental: \_\_\_\_\_

Allergies--Medications: \_\_\_\_\_

Please list any medications, vitamins or supplements you are currently taking -- include dosage and duration of use:

Please list any major surgeries that you have had and the approximate dates they occurred:

Please list any significant traumas (i.e. car accidents, bone fractures, sprains, falls, etc.):

Have you experienced any significant emotional trauma? If so, what and when?

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# Patient Health History

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

Please circle any symptoms that you currently have and underline any symptoms you have had within the past year.

## **General:**

Low energy or fatigue  
Allergies  
Dry throat/mouth  
Insomnia  
Spontaneous sweating  
Night sweats  
Excessive thirst  
Aversion to heat  
Aversion to cold  
Chronic infections

## **Gastrointestinal:**

Nausea/vomiting  
Low appetite  
Abdominal pain  
Gas  
Burping  
Bloating  
Indigestion  
Acid reflux/heartburn  
Ulcers  
Loose stools  
Constipation  
Blood in the stools  
Black/tarry stools  
Hemorrhoids

## **Neurologic:**

Paralysis  
Numbness/tingling  
Seizures  
Loss of balance  
Epilepsy  
Tics  
Lyme Disease

## **Head and Neck:**

Headaches  
Blurred vision  
Red/swollen eyes  
Dry/itchy eyes  
Eye pain  
Glasses or contacts  
Glaucoma or cataracts  
Dizziness/vertigo  
Recurrent phlegm  
Sinus problems  
Nosebleeds  
Frequent sore throats  
TMJ (jaw problems)  
Earaches  
Hearing loss  
Ringing in ears  
Fever blisters  
Sores on tongue or in mouth  
Loss of smell  
Change of taste

## **Genitourinary Tract:**

Painful urination  
Burning urination  
Kidney stones  
Urinary tract infections  
Frequent urination at night  
Sexually Transmitted Disease  
Blood in the urine  
Dark urine  
Difficult urination  
Incontinence

## **Respiratory:**

Asthma  
Pneumonia  
Chronic bronchitis  
Persistent cough  
Shortness of breath  
Frequent colds  
Hay fever  
Coughing up blood

## **Musculoskeletal:** (*pain, numbness or weakness*)

Neck/shoulder	Arms
Legs	Feet
Joints	Knees/elbows
Mid/upper back	Hands
Lower back	Whole body
Muscle spasms/cramps (where?)	

\_\_\_\_\_  
Broken bones (where?)

\_\_\_\_\_  
Sprains/strains (where?)

\_\_\_\_\_  
Tendonitis (where?)

## **Emotions:**

Mood swings	Stress
Nervousness	Sad
Mental tension	Angry
Irritability	Frustrated
Anxiety	Worried
Depression	Afraid

## Patient Health History

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

**Cardiovascular:**  
 Heart disease  
 High blood pressure  
 Chest pain  
 Heart Attack  
 Heart palpitations/fluttering  
 Heart murmurs  
 Varicose veins  
 Swelling of legs/ankles  
 Stroke  
 Aneurism

**Female Reproductive:**  
 Breast lumps/tenderness  
 Irregular periods  
 Painful periods  
 PMS  
 Short cycle (less than 24 days)  
 Long cycle (more than 35 days)  
 Bleeding between periods  
 Endometriosis  
 Fibroids  
 Abnormal PAP smear  
 Vaginal discharge  
 Difficulty conceiving  
 Miscarriages  
 Low sex drive  
 Perimenopause  
 Menopause, age at last menses: \_\_\_\_\_

**Male Reproductive:**  
 Genital pain  
 Low sex drive  
 Difficulty conceiving  
 Low sperm count  
 Impotence  
 Enlarged prostate  
 Testicular pain or swelling  
 Discharge

**Family History:**

	Mother	Father	Brothers	Sisters	Spouse	Children
Age (if living)	_____	_____	_____	_____	_____	_____
Names	_____	_____	_____	_____	_____	_____
Health (G=good P=poor)	_____	_____	_____	_____	_____	_____
Age at death (if deceased)	_____	_____	_____	_____	_____	_____
<i>Check any of the following conditions that apply to members of your family</i>						
Cancer	_____	_____	_____	_____	_____	_____
Diabetes	_____	_____	_____	_____	_____	_____
Heart Disease	_____	_____	_____	_____	_____	_____
Heart Attack	_____	_____	_____	_____	_____	_____
High Blood Pressure	_____	_____	_____	_____	_____	_____
Stroke	_____	_____	_____	_____	_____	_____
Mental Illness	_____	_____	_____	_____	_____	_____

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## Patient Health History

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

Nutrition: Please describe what you generally eat at each meal.

• **Breakfast**

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• **Lunch**

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• **Dinner**

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• **Snacks**

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Do you smoke cigarettes? Yes \_\_\_\_\_ No \_\_\_\_\_  
If yes, how much? \_\_\_\_\_

Do you consume caffeine? Yes \_\_\_\_\_ No \_\_\_\_\_  
If yes, what and how much? \_\_\_\_\_

Do you drink soda? Yes \_\_\_\_\_ No \_\_\_\_\_  
If yes, what and how much? \_\_\_\_\_

Do you consume artificial sweeteners (nutrasweet, splenda, saccharin)?  
Yes \_\_\_\_\_ No \_\_\_\_\_  
If yes, how much? \_\_\_\_\_

Do you drink alcohol? Yes \_\_\_\_\_ No \_\_\_\_\_  
If yes, how much and how often? \_\_\_\_\_

What do you do for exercise and how often? \_\_\_\_\_  
\_\_\_\_\_

Is there anything else about you or your condition that you would like me to know or address? \_\_\_\_\_  
\_\_\_\_\_

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