

# STONINGTON NATURAL HEALTH CENTER

• acupuncture • herbal medicine • bodywork •

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## Welcome

Welcome to Stonington Natural Health Center. We are so glad you made it here.

Here at Stonington Natural Health Center, we provide *Custom Holistic Healthcare for the Whole Family in a Tranquil Waterfront Setting*. We offer Acupuncture & Chinese Medicine Treatments, the SNHC Customized Massage which is a combination of Swedish and Deep Tissue Massage to your desired level of pressure, Chakra Balancing, Energy Work, Nutrition from a Chinese Medicine perspective, and Herbal Consultations.

Our treatments help you to feel better, breathe more deeply, rejuvenate, and let go of your worries. Your body, mind, and spirit will thank you. This is your time to relax and heal, initiate and speed up the healing process, to help you live a longer, healthier, and happier life.

For injuries, pain, and health problems, you will receive the most benefit when you come in before the effects of the previous treatment disappear. Your practitioner will give you a treatment protocol recommendation. It is often recommended to group your treatments close together, which can be daily, twice a week or three times per week for a series of weeks. During times of stress, anxiety, or depression, it is helpful to come in for Acupuncture and Massage treatments. Slow and steady wins the race, as we shift the energy over. Once you are feeling better, we slowly space the treatments apart as the positive effects hold. Our goal is to shift the pattern of your energy, with long lasting effects, to get you better and create long-term good health. Once you are feeling great, regular tune-ups are important.

If you have any questions, concerns, or feedback, please talk with us, call us at 860.536.3880, 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

*The doctor of the future will give no medicine, but will interest her or his patients in the care of the human frame, in a proper diet, and in the cause and prevention of disease.*

THOMAS EDISON

*All life is an experiment.  
The more experiments you make the better.*

RALPH WALDO EMERSON

*Enjoy the journey.*

DEEPAK CHOPRA

## ACUPUNCTURE, CHINESE MEDICINE, AND MASSAGE INFORMED CONSENT TO TREAT

I understand that I am the decision maker for my health care. Part of this office's role is to provide me with information to assist me in making informed choices. This process is often referred to as "informed consent" and involves my understanding and agreement regarding the care recommended, the benefits and risks associated with the care, alternatives, and the potential effect on my health if I choose not to receive the care. Acupuncture is not intended to substitute for diagnosis or treatment by medical doctors or to be used as an alternative to necessary medical care. It is expected that you are under the care of a primary care physician or medical specialist, that pregnant patients are being managed by an appropriate healthcare professional, and that patients seeking adjunctive cancer support are under the care of an oncologist.

I hereby request and consent to the performance of acupuncture treatments and other procedures within the scope of the practice of acupuncture on me (or on the patient named below, for whom I am legally responsible) by the acupuncturist indicated below and/or other licensed acupuncturists who now or in the future treat me while employed by, working or associated with, or serving as back-up for the acupuncturist named below, including those working at the clinic or office listed below or any other office or clinic, whether signatories to this form or not.

I understand that methods of treatment may include, but are not limited to, acupuncture, moxibustion, cupping, electrical stimulation, Tui-Na (Chinese massage), Chinese herbal medicine, nutritional counseling, phone consultations, telehealth, and telemedicine. I understand that the herbs may need to be prepared and the teas consumed according to the instructions provided orally and in writing. The herbs may have an unpleasant smell or taste. I will immediately notify a member of the clinical staff of any unanticipated or unpleasant effects associated with the consumption of the herbs.

I appreciate that it is not possible to consider every possible complication to care. I have been informed that acupuncture is a generally safe method of treatment, but, as with all types of healthcare interventions, there are some risks to care, including, but not limited to: bruising; numbness or tingling near the needling sites that may last a few days; and dizziness or fainting. Burns and/or scarring are a potential risk of moxibustion and cupping, or when treatment involves the use of heat lamps. Bruising, known as sha, is a common side effect of cupping. Unusual risks of acupuncture include nerve damage and organ puncture, including lung puncture (pneumothorax). Infection is another possible risk, although the clinic uses sterile disposable needles and maintains a clean and safe environment.

I am informed that you and your staff have implemented preventative measures intended to reduce the spread of COVID. However, given the nature of the virus, I understand there may be an inherent risk of becoming infected with COVID by proceeding with this treatment. I hereby acknowledge and assume the risk of becoming infected with COVID through this elective treatment and give my express permission to you and the staff at your offices to proceed with providing care.

I understand that while this document describes the major risks of treatment, other side effects and risks may occur. The herbs and nutritional supplements (which are from plant, animal, and mineral sources) that have been recommended are traditionally considered safe in the practice of Chinese Medicine, although some may be toxic in large doses. I understand that some herbs may be inappropriate during pregnancy. I will notify a clinical staff member who is caring for me if I am, or become, pregnant or if I am nursing. Should I become pregnant, I will discontinue all herbs and supplements until I have consulted and received advice from my acupuncturist and/or obstetrician. Some possible side effects of taking herbs are: nausea; gas; stomachache; vomiting; liver or kidney damage; headache; diarrhea; rashes; hives; and tingling of the tongue.

While I do not expect the clinical staff to be able to anticipate and explain all possible risks and complications of treatment, I wish to rely on the clinical staff to exercise judgment during the course of treatment which the clinical staff thinks at the time, based upon the facts then known, is in my best interest. I understand that, as with all healthcare approaches, results are not guaranteed, and there is no promise to cure.

I understand that I must inform, and continue to fully inform, this office of any medical history, family history, medications, and/or supplements being taken currently (prescription and over-the-counter). I understand the clinical and administrative staff may review my patient records and lab reports, but all my records will be kept confidential and will not be released without my written consent.

I understand that there are treatment options available for my condition other than acupuncture procedures. These options may include, but are not limited to: self-administered care, over-the-counter pain relievers, physical measures and rest, medical care with prescription drugs, physical therapy, bracing, injections, and surgery. Lastly, I understand that I have the right to a second opinion and to secure other options about my circumstances and healthcare as I see fit.

By voluntarily signing below, I confirm that I have read, or have had read to me, the above consent to treatment, have been told about the risks and benefits of acupuncture and other procedures, and have had an opportunity to ask questions. I agree with the current or future recommendations for care. 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.

ACUPUNCTURIST NAME: Megan Marco, LAc, DAc

PATIENT NAME: \_\_\_\_\_

PATIENT SIGNATURE X \_\_\_\_\_ Date \_\_\_\_\_  
(Or Patient Representative -- Indicate relationship if signing for patient)

## FINANCIAL POLICIES FOR TREATMENT AND CARE

Your treatment time is reserved for you. To change, reschedule, or cancel an appointment, please call **at least two business days, 48 business hours, before your appointment time.** This gives us time to fill your appointment. If no one answers, please leave a message. For Monday appointments, please call by Thursday. For Tuesday appointments, please call by Friday.

**“Minimum 48 Hours Cancellation Policy”:** Because we have made preparations and staffing for your appointment, we ask for at least two business days, 48 business hours notice to reschedule or cancel your appointment. With LESS THAN 24 BUSINESS HOURS, your credit card will be charged for your appointment or treatment packages will have one treatment deducted.

We appreciate your cooperation as this is **vitaly important for our mutual success.** We make reminder texts or calls as a courtesy; you are ultimately responsible, however, for coming to your appointments. It is also our courtesy that if you or we are able to fill your appointment, you will not be charged, and we encourage you to substitute a friend or family member.

If you are running late, please call or text to let us know. We would rather you come and have a shorter treatment than miss your appointment. Ideally, please arrive a few minutes before your appointment to use the restroom, make purchases, set up your next appointments, and unwind.

Payment: In an attempt to keep health care costs low, preferred methods of payment are cash or check. Payment is required at the time of your service. We also accept credit cards.

Treatment Plans: Dr. Marco and/or your Licensed Massage Therapist will develop your treatment plan to help you accomplish your goals and feel your best. Follow your Treatment Plan to achieve optimal results. If it has been over a year or if you would like more time to discuss your health history, it is recommended to come in for a ReActivation appointment to go over your health information.

Treatment Packages and Massage Memberships: (1) make check-out easier, (2) lower the price, and (3) help you complete your treatment goals. Treatment Packages and Massage Memberships are not refundable, can only be used for the services purchased, and expire one year after purchase.

Return Policy: Treatment Packages and Memberships, Gift Certificates, and products are non-refundable. We guarantee quality and cannot sell returned herbs, supplements, or products.

Your credit card number is encrypted in MindBodyOnline. Patients enjoy this convenience to pay for special orders, Gift Certificates, treatments, packages, herbs, missed or canceled appointments, and for guarantying personal checks. If you would like, you can type this information into the MindBody website before your appointment or hand us your credit card for us to input and not write it here. Upon receiving this form, we enter this information into an encrypted system and delete it from this form.

**The following information is required to receive treatments printed here or encrypted in MindBody:**

\_\_\_\_\_  
Visa/MasterCard/American Express/Discover (Please circle one)

\_\_\_\_\_  
Credit Card Number                      Expiration Month    year                      3 digit code on back

\_\_\_\_\_  
Billing Address

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

\_\_\_\_\_  
**Signature**

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

\_\_\_\_\_  
**Date**

*All information within this document is considered privileged patient / provider communication by Dr. Marco, the Practitioners, and Staff of Stonington Natural Health Center, and is held as CONFIDENTIAL INFORMATION in accordance with federal HIPAA regulations.*

## **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

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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

#### PRACTITIONER 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, DAc, LAc, (860) 536-3880.

This notice is effective immediately. This notice, and any alteration 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

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# Patient Health History

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

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

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

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

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

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

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

Preferred Reminders (circle) Text or Call 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: \_\_\_\_\_

What are your 4 primary health concerns / health goals in order of importance?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

How long has each concern condition persisted?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

What do you think is the cause?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

How does it affect you?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

What treatment have you received for this condition?

Diagnosis given?

What were the results of the treatment?

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## Patient Health History

What are your hopes and expectations from treatments at Stonington Natural Health Center?

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Blood Type \_\_\_\_\_ Height \_\_\_\_\_ Weight \_\_\_\_\_ Any recent (circle): weight loss or gain?

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

to Foods: \_\_\_\_\_

Allergies to Environmental: \_\_\_\_\_

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Allergies to Medications: \_\_\_\_\_

Please list any medications, both prescription and over the counter, you are currently taking -- include dosages, what you are taking it for, and how long have you been taking it:

Please list any supplements or vitamins you are currently taking -- include dosages and brand names:

Please list any hospitalizations or 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

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

<p><b><u>General:</u></b>            Low energy or fatigue            Allergies            Insomnia            Spontaneous sweating            Night sweats            Aversion to heat            Aversion to cold            Chronic infections</p>	<p><b><u>Head and Neck:</u></b>            Headaches            Red/swollen eyes            Dry/itchy eyes            Watery eyes            Mucus or discharge from eyes            Eye pain            Blurry vision            Night blindness            Glasses or contacts            Glaucoma or cataracts            Dizziness/vertigo            Recurrent phlegm            Sinus problems            Nosebleeds            Frequent sore throats            TMJ (jaw problems)            Earaches            Difficulty hearing            Hearing loss            Noises or Ringing in ears            Ear discharge            Excess earwax            Fever blisters            Sores on tongue or in mouth            Loss of smell            Change of taste            Dry throat/mouth            Excessive thirst            Bad Breath</p>	<p><b><u>Respiratory:</u></b>            Pain in lungs            Asthma            Wheezing            Pneumonia            Chronic bronchitis            Persistent cough            Shortness of breath            Difficulty breathing            Frequent colds            Hay fever            Spitting or coughing up blood</p>
<p><b><u>Gastrointestinal:</u></b>            Nausea/vomiting            Low appetite            Abdominal pain            Gas            Burping            Bloating            Indigestion            Acid reflux/heartburn            Heavy feeling after eating            Ulcers            Loose stools            Constipation            Blood in the stools            Black/tarry stools            Undigested food in stools            Hemorrhoids            Rectal pain/itching</p>	<p><b><u>Neurologic:</u></b>            Paralysis            Numbness/tingling            Seizures            Loss of balance            Epilepsy            Tics            Lyme Disease            Bell's Palsy</p>	<p><b><u>Musculoskeletal:</u></b> (<i>pain, numbness or weakness</i>)            Neck/shoulder Arms            Legs Feet            Joints Knees/elbows            Hands Whole body            Lower back            Mid/upper back            Muscle spasms/cramps (where?)            _____            Broken bones (where?)            _____            Sprains/strains (where?)            _____            Tendonitis (where?)            _____</p>
<p><b><u>Cardiovascular:</u></b>            Heart disease            High blood pressure            Chest pain            Heart Attack            Heart palpitations/fluttering            Heart murmurs            Varicose veins            Swelling of legs/ankles            Stroke            Aneurism</p>	<p><b><u>Emotions:</u></b>            Mood swings Stress            Nervousness Sad            Mental tension Angry            Irritability Frustrated            Anxiety Worried            Depression Afraid</p>	

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## Patient Health History

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

<p><b><u>Skin:</u></b>          Acne or pimples          Hives          Stretch marks          Skin ulcers or sores          Cracks in corners of mouth          Dryness, roughness or scaling of skin          Dry or chapped lips          Hair loss or thinning          Dry course hair          Bruise easily          Cold sores or herpes          Nails weak, ridged or split easily          Brown spots or bronzing          Warts, moles, or skin tags          Sunburn easily          Cuts heal slowly or scar badly          Flush easily          Athlete's foot          Jock itch          Any other itchy areas          _____</p>	<p><b><u>Female Reproductive:</u></b>          Breast lumps/tenderness          Nipple discharge          Irregular periods          Painful periods          PMS          Short cycle (less than 24 days)          Long cycle (more than 35 days)          Heavy periods          Bleeding between periods          Difficulty conceiving          Miscarriages          Endometriosis          Fibroids          Abnormal PAP smear: _____          Vaginal discharge          Vaginal itching          Vaginal pain          Pelvic Pain          Pain with intercourse          Hot flashes          Diminished or excessive sex drive          Difficulty reaching orgasm          Perimenopause          Menopause, age at last menses: _____</p>	<p><b><u>Genitourinary Tract:</u></b>          Painful urination          Urinary urgency          Urinary frequency          Difficult urination          Incontinence          Kidney stones          Urinary tract infections          Frequent urination at night          Sexually Transmitted Disease          Blood in the urine          Dark urine</p> <hr/> <p><b><u>Male Reproductive:</u></b>          Genital pain          Low sex drive          Difficulty conceiving          Low sperm count          Sexual difficulty / impotence          Enlarged prostate          Testicular pain or swelling          Genital discharge          Rashes or sores</p>
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## Patient Health History

### Family History:

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

**Nutrition:** Please list what you usually eat at each meal.

<b>Breakfast</b>	
<b>Lunch</b>	
<b>Dinner</b>	
<b>Snacks</b>	

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## Patient Health History

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 (aspartame, 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?

\_\_\_\_\_

\_\_\_\_\_

Please initial that you are not experiencing symptoms due to COVID listed below:

- Fever
- Sore throat
- Runny nose
- Dry cough
- Shortness of breath
- Loss of taste or smell

Initials \_\_\_\_\_

How did you hear about Stonington Natural Health Center?