

Aline Fournier, D.O.

760.746.1133 – phone

760.746.9880 – fax

drafournier@sbcglobal.net

307 South Ivy Street

Escondido, CA 92025

Dear New Patient:

Thank you for choosing Dr. Fournier as your physician. Dr. Fournier is proud to provide the highest quality care possible for her patients. Dr. Fournier acknowledges and respects the inherent dignity of each person as an individual and strives to provide you with the same special attention to your needs as she expects to receive for herself and her loved ones.

Office Hours:

The office is open Monday through Thursday, 1:30 p.m. to 6:00 p.m. If you are unable to keep an appointment, please give the office 24 hours notice so that another patient may make use of your reserved appointment time. We adhere as closely as possible to scheduled appointments. However, Dr. Fournier's schedule is sometimes unpredictable and we recommend that you call the office to verify the timeliness of your scheduled appointment.

Note: Please do not wear perfume or scented lotion. Wear loose clothing – no jeans. If you have cold and/or flu symptoms call to reschedule.

Comprehensive Health History Questionnaire:

Please answer all questions thoroughly and bring any substantiating X-ray, MRI, Ultrasound and/or laboratory reports to your scheduled appointment. We do not recommend that you have your X-ray, MRI and/or Ultrasound films mailed to our office in the event they should get lost in transit.

Directions:

Major freeways and access roads are identified on the enclosed map to guide you to our office without delay.

If you have any questions or wish to reschedule your appointment please contact us by phone at 760.746.1133 or by e-mail at drafournier@sbcglobal.net.

ALINE FOURNIER, D.O.

Patient Financial Policy

- 1. We accept cash, debit cards (with credit card logo), check, Visa, MasterCard, American Express and Discover.**
- 2. We require that any amount due be paid at the time of service. Please contact the Office Manager to discuss any financial questions or concerns.**
- 3. We do NOT accept Medicare, Medical, Worker's Comp, commercial insurance, auto insurance or contingency cases.**
- 4. The fee for a returned check is \$40.00. If you submit a check with insufficient funds, your professional treatment may be suspended until your balance is paid. Checks will no longer be accepted from a patient who has had a returned check.**
- 5. Any patient account balance of 90 days past due, who does not have a financial payment contract, will be turned over to an outside collection agency. This also includes any patient account balances that have defaulted from their financial payment contract.**
- 6. There is a \$50.00 fee to copy records.**
- 7. If you are unable to make your scheduled appointment, you must notify us 24 hours in advance. Failure to do so will result in a \$135.00 fee.**
- 8. Any treatment administered to a patient whose balance exceeds \$400.00 must be paid at time of visit. Said patient must have a written and signed financial payment contract for the outstanding balance.**

Dr. Aline Fournier

307 S. Ivy Street
Escondido, Ca 92025
760.746.1133

Dr. Fournier's Guidelines

LOW STRESS DIET GUIDELINES

OBJECTIVES: Minimize stress to your system, support detoxification and enhance your overall health.

GENERAL RULES:

1. Eat whole foods as provided by nature: organic vegetables are especially beneficial.
2. Eat raw organic foods with every meal. The best raw foods are salads.
3. Best desserts – fruits except if you're trying to lose weight or reduce inflammation.
4. To improve a poor appetite, normalize excessive appetite or lose weight, eliminate sugar and starches.
5. Drink lots of pure water (free of chlorine and fluorides but not distilled, purified or reverse osmosis): ½ of your body weight in ounces every day. Check with Dr. Fournier to ensure that your specific condition does not preempt you from drinking this much water.
6. No sugar!!! Use only Stevia, Xylitol or Monk Fruit.
7. Eat organic food, grass fed meat (except pork), organic poultry, vegetables, raw nuts, etc. whenever possible.
8. Avoid soy, soy milk, soy products and tofu. Tempe may be used sparingly.
9. Avoid milk and milk products. Use raw organic milk and products (cheese) or unsweetened almond milk or coconut milk.
10. Avoid seafood and fish, except for Alaskan fish, due to mercury toxicity.
11. Eat raw organic nuts for snacks (7-8 nuts eaten slowly).

IMPORTANT! ELIMINATE FOODS THAT CONTAIN:

- Hydrogenated or partially hydrogenated fats
- Preservatives, natural flavors, hydrogenated protein
- Artificial sweeteners
- High fructose corn syrup
- GMO

WE WELCOME YOU...

...and thank you for selecting us for your healthcare needs! We are dedicated to providing you with the best possible healthcare. To help us do this, please fill out this form completely in ink. If you have any questions or need help, please ask us - we will be happy to assist you.

1. Personal Information

Today's Date _____
Name _____
Address _____
City/State/Zip _____
Name you prefer to be called _____
Birthdate _____
Male _____ Female _____ Minor _____ Single _____ Married _____ Divorced _____ Widowed _____ Separated _____
Social Security Number _____
Employer _____ Occupation _____
Referred by _____

2. Contact Information

Home Phone () _____ Cell Phone () _____
Work Phone () _____ Extension _____
E-Mail _____
Where do you prefer to be contacted? Home _____ Cell _____ Work _____ E-Mail _____
When is the best time to reach you? (Circle) Mon Tue Wed Thu Fri Sat Sun Time of Day _____
In the event of an emergency, who should we contact? Name _____
Relationship _____ Home or Work Phone () _____ Cell Phone () _____

3. Responsible Party

Who is responsible for the account?
Name _____
Address _____
City/State/Zip _____
Relationship to patient _____
Driver's License Number _____ Birthdate _____
Social Security Number _____
Employer _____ Occupation _____
Work Phone () _____ Ext. _____ Home Phone () _____
Cell Phone () _____ E-Mail _____

4. Insurance Information

Primary Insurance

Name of Insured _____
Relationship to Patient _____
Insured's Birthdate _____
Social Security Number _____
Employer _____
Date Employed _____
Insurance Company _____
Group # _____
Employee/Cert. # _____
Insurance Company Address _____

Deductible _____
Maximum Annual Benefits _____

Secondary Insurance

Name of Insured _____
Relationship to Patient _____
Insured's Birthdate _____
Social Security Number _____
Employer _____
Date Employed _____
Insurance Company _____
Group # _____
Employee/Cert. # _____
Insurance Company Address _____

Deductible _____
Maximum Annual Benefits _____

5. Financial Arrangements

For your convenience, we offer the following methods of payment. Please check which you prefer.

Payment in full is due at time of visit.

Cash

Personal Check

Credit Card – MC or Visa

I wish to discuss the office's payment policy.

Late Charges

If I do not pay the entire new balance within 25 days of the monthly billing date, a late charge of 1.5% on the balance then unpaid and owed will be assessed each month (if allowed by law). I realize that failure to keep this account current may result in you being unable to provide additional services except for emergencies or where there is prepayment for additional services. In the case of default on payment of this account, I agree to pay collection costs and reasonable attorney fees incurred in attempting to collect on this amount or any future outstanding account balances.

6. Authorization and Release

I authorize the release of any information, including the diagnosis and the records of any treatment or examination rendered to me or my child during the period of such care, to third party payors and/or other health practitioners.

I authorize and request my insurance company to pay directly to the doctor or doctor's group, insurance benefits otherwise payable to me.

I understand that my insurance carrier may pay less than the actual bill for services. I agree to be responsible for payment of all services rendered on my behalf or my dependents.

X _____

Signature of patient or parent if minor

Date

Andrus/Clini-Rec®
**ADOLESCENT/YOUNG ADULT HEALTH HISTORY
 QUESTIONNAIRE**

CHART # _____

Identification Information:

Name _____ Male _____ Female _____
(check one) Today's Date _____/_____/_____
 Address _____ Date of Birth _____/_____/_____
 Home Telephone (_____) _____
(area code)

A. CURRENT MEDICAL PROBLEMS:

1. Please describe the medical problems for which you came to see the doctor.
 About when did they begin?

<u>Reason for Visit or Medical Problem</u>	<u>Date Began</u>
_____	_____
_____	_____

2. What concerns you most about these problems?

3. If you are being treated for any other illness or medical problems by another physician, please describe the problems and write the name of the physician or medical facility treating you.

<u>Illness or Medical Problem</u>	<u>Physician or Medical Facility</u>	<u>City</u>
_____	_____	_____
_____	_____	_____

B. GENERAL HEALTH HISTORY:

1. MEDICATIONS:

Please list all medications you are now taking, including those you buy without a doctor's prescription (such as aspirin or cold tablets).

2. ALLERGIES AND SENSITIVITIES:

List anything that you are allergic to such as certain foods, medications, dust, chemicals or soaps, household items, pollens, bee stings, etc., and indicate how each affect you.

<u>Allergic To</u>	<u>Effect</u>	<u>Allergic To</u>	<u>Effect</u>
_____	_____	_____	_____
_____	_____	_____	_____

3. FAMILY HEALTH:

Please give the following information about your immediate family:

<u>Relationship</u>	<u>Age, If Living</u>	<u>Age At Death</u>	<u>State of Health or Cause of Death</u>
Father	_____	_____	_____
Mother	_____	_____	_____
Brothers and Sisters }	_____	_____	_____
	_____	_____	_____

Have any blood relatives had any of the following illnesses? If so, indicate relationship (Mother, brother, etc.)

<u>Illness</u>	<u>Family Members</u>
Diabetes	_____
Cancer	_____
Blood Disease	_____
Tuberculosis	_____
Epilepsy	_____
High Blood Pressure	_____
Heart Disease	_____

4. HOSPITALIZATIONS:

Please list the last three times, if any, that you have been hospitalized.

<u>Year</u>	<u>Operation or Illness</u>	<u>Hospital and City</u>
_____	_____	_____
_____	_____	_____
_____	_____	_____

CONFIDENTIAL

5. IMMUNIZATIONS:

Please place an (X) next to each of the following immunizations you have had, and if possible give the approximate age when you received each one.

Immunizations	(X)	Age	Immunizations	(X)	Age
Smallpox			Measles		
DPT (Diphtheria/			Rubella		
Whooping Cough/			Mumps		
Tetanus)			Polio		
Typhoid			Tine Test (TB)		
			(Result)		

positive negative

6. MEDICAL PROBLEMS:

Please mark with an (X) any of the following medical problems which you have had within the past twelve months, and how often they occur.

Medical Problems	Not at All	Some-times	Fre-quently	Medical Problems	Not at All	Some-times	Fre-quently
Acne or other skin problems				Unusual lumps or swollen glands			
Ear Infections				Stomach aches or cramps			
Colds/sore throats				Constipation or Diarrhea			
Speech problem or difficulty making yourself understood				Blood in bowels			
Hearing problem or difficulty understanding others				Burning sensation when urinating			
Vision problems or difficulty recognizing colors				Severe back pain			
Coughing/wheezing spells or difficulty breathing				Unusual bleeding			
				Headaches			
				Convulsions or seizures			
				Severe chest pain			
				Other (explain)			

7. CURRENT HEALTH:

- a. How is your overall health now? Health now: Poor__ Fair__ Good__ Excellent__
- b. How has it been most of your life? Health has been: Poor__ Fair__ Good__ Excellent__
- c. In the past year:
 - Has your appetite changed? Appetite: Decreased__ Increased__ Stayed same__
 - Has your weight changed? Weight: Lost__ lbs. Gained__ lbs. No change__
 - Are you thirsty much of the time? Thirsty: No__ Yes__
 - Has your overall 'pep' changed? Pep: Decreased__ Increased__ Stayed same__
- d. Do you usually have trouble sleeping? Trouble sleeping: No__ Yes__
- e. How much do you exercise? Exercise: Little or none__ Less than I need__ All I need__
- f. Do you smoke? How many of each? Smoke: Cigarettes__ Pipesful/cigars, ___ a day, Don't Smoke__
- g. Do you drink one or more alcoholic beverages a day? Alcoholic beverages: No__ Yes__ (one or more/day)
- h. How much coffee or tea do you usually drink? Coffee/tea: ___ cups of coffee or tea a day.
Not at All A Little A Lot
- i. Do you use marijuana? Use marijuana: _____
- j. Do you use "hard drugs"? (Including cocaine, heroin, etc.) Use "hard drugs" _____
Which one(s) _____
- k. Are you sexually active? Sexually active: _____
- l. Have you had a venereal disease? Yes No
- m. HIV test (AIDS)? Yes No

We all have questions about our health and the way our bodies work. Please tell us below how you feel about yours:

I'm concerned about:	Not At All	A Little	A Lot	I'm concerned about:	Not At All	A Little	A Lot
My General Health				My Stomach or Bowels			
My Weight				My Sexual Organs			
My Teeth				My Bones or Joints			
My Skin				My Muscles			
My Nose				My Physical Size			
My Hearing				My Appearance			
My Heart				My Urination			
My Breathing				(Women Only)			
Other (explain)				My Menstrual Periods			
				My Breasts			

C. LIFE STYLE DATA BASE: (✓ check the most appropriate item)

FAMILY:

1. How many siblings (brothers/sisters) do you have? _____(Brothers and Sisters)
2. Among your brothers and sisters, are you the: Youngest_____ About in the middle_____ Oldest_____ Only child_____ (Which one)
3. With whom do you live? Both parents_____ One parent_____ Other person_____ (Who?) _____ (relationship)
4. Are your parents: Living Together _____ Divorced/ Separated _____ How Long _____ One is deceased _____ Both are deceased _____

<u>Not At All</u>	<u>A Little</u>	<u>A Lot</u>
-------------------	-----------------	--------------
5. Can you express your opinion and feelings freely at home? .. _____
6. Are you listened to at home? _____
7. If your mother is living, can you talk things over with her? .. _____
(Skip if parent deceased)
8. If your father is living, can you talk things over with him? .. _____
(Skip if parent deceased)
9. If you had a personal problem, who in your family would you turn to? _____ No one _____
(relationship)
10. Is there anyone in your family you feel drinks too much? ... No _____ Yes _____ Whom _____
(relationship)
11. Do you have a room to yourself? No _____ Yes _____
12. Do you have a quiet place to do your schoolwork or be by yourself? No _____ Yes _____
13. What time do you usually go to bed? about _____ o'clock
14. What time do you usually get up? about _____ o'clock

<u>Not At All</u>	<u>A Little</u>	<u>A Lot</u>
-------------------	-----------------	--------------
15. Do you and your parents agree on most things? _____
16. Do you and your brothers/sisters agree on most things? _____
17. Do you feel that your family really cares for you? _____
18. How much time do you spend with family members in sports, hobbies, discussion, etc.? about _____ hours per week
19. Check here if you have any problem in your family life you would like to discuss with your doctor

SCHOOL & SOCIAL:

- | | | | |
|--|-------------------|-----------------|--------------|
| | <u>Not At All</u> | <u>A Little</u> | <u>A Lot</u> |
|--|-------------------|-----------------|--------------|
1. Do you play any team sport(s) at school? _____
 2. Do you take part in any school affairs at school, (i.e., paper, dramatics, band, etc.)? _____
 3. Do you take part in activities outside of school (church, youth groups, etc.) _____
 4. Would you like to spend more time with people your own age than you do now? _____

over for Physician's Notes)



AL

PERSONAL:

Do any of the following statements describe your feelings or concerns?

1. I feel lonely
2. I am concerned about my future
3. I feel tense and "uptight"
4. I feel worried and blue
5. I have trouble falling asleep
6. I feel tired when I wake up in the A.M.
7. I lose my temper
8. I have headaches
9. I am bored with my life
10. Other people make too many demands of me
11. I feel overwhelmed by all the things I have to do
12. I worry about money
13. I feel like committing suicide
14. I worry about my job
15. I worry about my school grades
16. I feel clumsy and awkward
17. I worry about not being accepted by my peers
18. I feel worthless and useless

PERSONAL:

Not At
All A Little A Lot

- | | | | |
|-------|-------|-------|---------------------------------|
| _____ | _____ | _____ | Feels lonely |
| _____ | _____ | _____ | Concerned/future |
| _____ | _____ | _____ | Tense & uptight |
| _____ | _____ | _____ | Worried/blue |
| _____ | _____ | _____ | Problems falling asleep |
| _____ | _____ | _____ | Tired in A.M. |
| _____ | _____ | _____ | Loses temper |
| _____ | _____ | _____ | Has headaches |
| _____ | _____ | _____ | Bored w/life |
| _____ | _____ | _____ | Too many demands made by people |
| _____ | _____ | _____ | Overwhelmed |
| _____ | _____ | _____ | Worries about money |
| _____ | _____ | _____ | Feels like committing suicide |
| _____ | _____ | _____ | Worried about job |
| _____ | _____ | _____ | Worried about school grades |
| _____ | _____ | _____ | Feels clumsy & awkward |
| _____ | _____ | _____ | Worries about peer acceptance |
| _____ | _____ | _____ | Feels worthless/useless |

SUMMARY:

All in all, how satisfied are you with yourself and your life? Please rate your feelings by putting an "X" on the scale from 1 to 10

Degree of satisfaction with self and life:



One last item: Now that you have answered these questions, if there is anything concerning your health or your life that has not been covered, and that you would like to discuss with your doctor right now, simply place an "X" in this box

Would like to discuss a problem with doctor:

Please Turn to Page 4 on Back and Complete

Stock No. 19-741-6 5/83

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Patient's signature

COI

NUTRITION AND DIET

1. How many meals do you eat each day? _____ Meals each day
2. Do you usually eat breakfast? Yes No Breakfast
3. Do you diet frequently and/or are you now dieting? No Yes Diets
4. Do you consider yourself Underweight Overweight Just right? Weight
5. Do you snack More than once a day Usually daily Rarely? Snacks
6. Do you add salt to your food at the table? Almost always Sometimes Rarely Salts food
7. Check the frequency you eat the following types of foods:

	More than once daily	Daily	3 times weekly	Once weekly	Twice monthly	Less or never
a. Whole grain or enriched bread or cereal						
b. Milk, cheese, or other dairy products						
c. Eggs						
d. Meat, Poultry, Fish						
e. Beans, Peas, or other legumes						
f. Citrus						
g. Dark green or deep yellow vegetables						

List any food supplements or vitamins you take regularly: _____

Additional Patient Comments: _____

Thanks for completing this questionnaire. Please review for skipped questions, sign your name on the space to the right and return it to the physician or assistant. If you wish to add any information, please write it on the spaces provided above.

Patient's Signature _____

Physician's Notes: _____

C O N F I D E N T I A L

To order, call or write:
 Bibbero Systems, Inc.
 1300 N. McDowell Blvd., Petaluma, CA 94954
 Toll Free: 800-BIBBERO (800 242-2376)
 Or Fax: (800) 242-9330
 Stock No. 19-741-6

CLIENT RIGHTS AND HIPAA AUTHORIZATIONS

(Page 2 of 2)

The following specifies your rights about this authorization under the Health Insurance Portability and Accountability Act of 1996, as amended from time to time (“HIPAA”).

1. Tell your provider if you do not understand this authorization, and the provider will explain it to you.
2. You have the right to revoke or cancel this authorization at any time, except: (a) to the extent information has already been shared based on this authorization; or (b) this authorization was obtained as a condition of obtaining insurance coverage. To revoke or cancel this authorization, you must submit your request in writing to provider at the following address (insert address of provider):

3. You may refuse to sign this authorization. Your refusal to sign will not affect your ability to obtain treatment, payment, enrollment or your eligibility for benefits. However, you may be required to complete this authorization form before receiving treatment if you have authorized your provider to disclose information about you to a third party. If you refuse to sign this authorization, and you have authorized your provider to disclose information about you to a third party, your provider has the right to decide not to treat you or accept you as a patient in their practice.
4. Once the information about you leaves this office according to the terms of this authorization, this office has no control over how it will be used by the recipient. You need to be aware that at that point your information may no longer be protected by HIPAA. If the person or entity receiving this information is not a health care provider or health plan covered by federal privacy regulations, the information described above may be disclosed to other individuals or institutions and no longer protected by these regulations.
5. You may inspect or copy the protected health information to be used or disclosed under this authorization. You do not have the right of access to the following protected health information: psychotherapy notes, information compiled for legal proceedings, laboratory results to which the Clinical Laboratory Improvement Act (“CLIA”) prohibits access, or information held by certain research laboratories. In addition, our provider may deny access if the provider reasonably believes access could cause harm to you or another individual. If access is denied, you may request to have a licensed health care professional for a second opinion at your expense.
6. If this office initiated this authorization, you must receive a copy of the signed authorization.
7. ***Special Instructions for completing this authorization for the use and disclosure of Psychotherapy Notes.*** HIPAA provides special protections to certain medical records known as “Psychotherapy Notes.” All Psychotherapy Notes recorded on any medium by a mental health professional (such as a psychologist or psychiatrist) must be kept by the author and filed separate from the rest of the client’s medical records to maintain a higher standard of protection. “Psychotherapy Notes” are defined under HIPAA as notes recorded by a health care provider who is a mental health professional documenting or analyzing the contents of conversation during a private counseling session or a group, joint or family counseling session and that are separate from the rest of the individual’s medical records. Excluded from the “Psychotherapy Notes” definition are the following: (a) medication prescription and monitoring, (b) counseling session start and stop times, (c) the modalities and frequencies of treatment furnished, (d) the results of clinical tests, and (e) any summary of: diagnosis, functional status, the treatment plan, symptoms, prognosis, and progress to date. Except for limited circumstances set forth in HIPAA, in order for a medical provider to release “Psychotherapy Notes” to a third party, the client who is the subject of the Psychotherapy Notes must sign this authorization to specifically allow for the release of Psychotherapy Notes. Such authorization must be separate from an authorization to release other medical records.
8. You have a right to an accounting of the disclosures of your protected health information by provider or its business associates. The maximum disclosure accounting period is the six years immediately preceding the accounting request. The provider is not required to provide an accounting for disclosures: (a) for treatment, payment, or health care operations; (b) to you or your personal representative; (c) for notification of or to persons involved in an individual’s health care or payment for health care, for disaster relief, or for facility directories; (d) pursuant to an authorization; (e) of a limited data set; (f) for national security or intelligence purposes; (g) to correctional institutions or law enforcement officials for certain purposes regarding inmates or individuals in lawful custody; or (h) incident to otherwise permitted or required uses or disclosures. Accounting for disclosures to health oversight agencies and law enforcement officials must be temporarily suspended on their written representation that an accounting would likely impede their activities.

Screening for Aerosol Transmissible Diseases*

Patient Name: _____

In compliance with California OSHA Title 8, Section 5199, all healthcare facilities **must** screen patients for aerosol transmissible diseases **at each office visit**. For facilities exempt from the ATD regulation, screening must still occur **AND** treatment is **not** provided to patients suspected or identified as having aerosol transmissible diseases. (Add add'l sheets if needed.)

1. **Do you have (circle all appropriate)?: History of Tuberculosis (TB) or Symptoms of Tuberculosis** (Productive Cough, Bloody Spit, Fever, Fatigue, Night Sweats, Fever Unexplained Weight Loss).

No _____

2. **Do you have (circle all appropriate)?: Flu or other Airway Illness, including Pertussis (Whooping Cough), Measles, Mumps, Rubella, Chicken Pox, and Meningitis** (Body Aches, Runny Nose, Sore Throat, Nausea, Vomiting, Diarrhea, Fever, Respiratory Symptoms, Coughing Spasms, Swollen Glands, Skin Rash, Blisters, Stiff Neck)

No _____

3. **Chronic Respiratory Illness (NOT acute, contagious, or infectious illness).**

Do you have (circle)?: Chronic Upper Airway Cough Syndrome, Postnasal Drip, Gastro-Esophageal Reflux Disease (GERD), Chronic Obstructive Pulmonary Disease (COPD), Bronchitis, Emphysema, Allergies, Asthma.

No _____

Patient Signature

Date

Date	Any Health Changes on This Visit??	Initials

*This form may be modified as needed for your facility.

