



METABOLIC EVALUATION "GET TO KNOW YOU" PACKET

This patient packet must be completed and returned at least one week prior to your first appointment.
If you need assistance, please call before your appointment: 352-259-5190

Please take your time and fill out completely. Should you have any records, labs, etc. you would like to provide to us, please include with your paperwork.

Please print clearly:

Date _____

Participant Name: _____ D.OB. _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Work/Cell Phone: _____

Email Address: _____

Would you like to receive our monthly newsletter by email? Yes _____ No _____

Work Type: _____ Occupation: _____

DOB: _____ Age: _____ Height: _____ Sex: _____

Marital Status: Single Partner Married Separated Divorced Widow(er)

Primary Care Physician: _____ Date last seen: _____

Do you currently have a My Fitness Pal account for logging food and/or another program for logging food? Yes _____ No _____

If Yes, what program are you using? _____



What is a Metabolic Evaluation?

The Whole Body Approach:

Your Metabolic Evaluation consists of TWO scheduled appointments.

Visit One: (Getting to know you) This appointment with Lori Esarey, ARNP is designed for us to obtain a thorough and complete history and to get a clear understanding of your goals. After reviewing your history, previous labs, medical records, and body composition test, recommendations are made for additional diagnostic tests to "fill in the gaps" needed to give you the proper advice to reach your wellness goals.

Visit Two: (Review of Findings) This appointment with Lori Esarey, ARNP is designed to review your labs and help you gain better understanding of your current state of health. Then, time is spent collaboratively developing your individual wellness plan.

Subsequent Visits: There are different avenues for you to take with TNT on your road to wellness. Individual sessions or packages are available to meet your individual needs. You choose what meets your needs.



HEALTH HISTORY

Current Health Problems being treated for: _____

Pacemakers or other implanted medical device: Yes or No (circle).

Describe:

Medication Allergies with Reaction: _____

Other Allergies: _____

Primary Health concern/objective:

Laboratory procedures performed (stool analysis, blood and urine chemistries, hair analysis)

Outcome to Previous Diagnostic studies for these problems:

X-ray _____ Ultrasound _____

Colonoscopy _____ Upper endoscopy _____

Other _____ Thermogram _____

Circle the level of stress you are experiencing on a scale of 1 to 10 (1 being the lowest):

1 2 3 4 5 6 7 8 9 10

Identify the major causes of stress (changes in job, work, residence or finances, legal problems): _____

Do you consider yourself: underweight overweight just right

Your weight today is _____

Unintentional weight loss or gain of 10 or more pounds in the last three months? Yes or No

Is your job associated with potentially harmful chemicals (pesticides, radioactivity, solvents) and/or life threatening activities (fireman, etc.)?

Signature: _____ Date: _____





TOTAL NUTRITION

<input type="checkbox"/> Arthritis <input type="checkbox"/> Allergies/hay fever <input type="checkbox"/> Asthma <input type="checkbox"/> Alcoholism <input type="checkbox"/> Alzheimer's disease <input type="checkbox"/> Anemia <input type="checkbox"/> Autoimmune disease <input type="checkbox"/> Blood Clotting Disorder <input type="checkbox"/> Blood pressure problems <input type="checkbox"/> Bowel irregularity <input type="checkbox"/> Broken bones/fixes <input type="checkbox"/> Bronchitis <input type="checkbox"/> Coumadin Use <input type="checkbox"/> Cancer: _____ Date Diagnosed: _____ <input type="checkbox"/> Chronic fatigue syndrome <input type="checkbox"/> Chronic fever <input type="checkbox"/> Carpal tunnel syndrome <input type="checkbox"/> Chest pain <input type="checkbox"/> Cholesterol, elevated <input type="checkbox"/> Circulatory problems <input type="checkbox"/> Colitis <input type="checkbox"/> Dental problems <input type="checkbox"/> Depression <input type="checkbox"/> Diabetes <input type="checkbox"/> Diphtheria <input type="checkbox"/> Diverticular disease <input type="checkbox"/> Dizziness/Fainting <input type="checkbox"/> Drug Addiction <input type="checkbox"/> Eating disorder: Type: _____ <input type="checkbox"/> Epilepsy <input type="checkbox"/> Emphysema <input type="checkbox"/> Eyes, ears, nose, throat problems: _____ <input type="checkbox"/> Environmental sensitivities <input type="checkbox"/> Fibromyalgia <input type="checkbox"/> Food intolerance <input type="checkbox"/> Frequent infections <input type="checkbox"/> Gastroesophageal reflux disease <input type="checkbox"/> Gallbladder disease <input type="checkbox"/> Genetic disorder <input type="checkbox"/> GI Disorder	<input type="checkbox"/> Glaucoma <input type="checkbox"/> Gout <input type="checkbox"/> Hashimotos Thyroiditis <input type="checkbox"/> Heart disease <input type="checkbox"/> Heart palpitations <input type="checkbox"/> Heart Murmur <input type="checkbox"/> Headache <input type="checkbox"/> Hepatitis <input type="checkbox"/> High Blood Pressure Last BP Reading: _____ Date: _____ <input type="checkbox"/> Incontinence <input type="checkbox"/> Infection, chronic <input type="checkbox"/> Inflammatory bowel disease <input type="checkbox"/> Irritable bowel syndrome <input type="checkbox"/> Joint Pain <input type="checkbox"/> Kidney or bladder disease <input type="checkbox"/> Lactose intolerance <input type="checkbox"/> Learning disabilities <input type="checkbox"/> Liver or gallbladder disease <input type="checkbox"/> Loss of consciousness/passing out <input type="checkbox"/> Lupus <input type="checkbox"/> Measles <input type="checkbox"/> Mental illness Treated Where: _____ <input type="checkbox"/> Mental retardation <input type="checkbox"/> Migraine headaches <input type="checkbox"/> Mumps <input type="checkbox"/> Muscle aches <input type="checkbox"/> Nervousness <input type="checkbox"/> Neurological problems <input type="checkbox"/> Pneumonia <input type="checkbox"/> Polio <input type="checkbox"/> Problems with circulation <input type="checkbox"/> Prostate disease <input type="checkbox"/> Obesity <input type="checkbox"/> Osteoporosis Last bone density scan Date: _____ Meds: past/present _____ Side Effects: _____ <input type="checkbox"/> Rheumatic fever <input type="checkbox"/> Rubella	<input type="checkbox"/> Sexually transmitted disease Type: _____ Date Diagnosed: _____ <input type="checkbox"/> Seasonal affective disorder <input type="checkbox"/> Scarlet fever <input type="checkbox"/> Shingles <input type="checkbox"/> Shortness of breath <input type="checkbox"/> Sinus problems <input type="checkbox"/> Sjogrens disease <input type="checkbox"/> Skin problems <input type="checkbox"/> Stroke <input type="checkbox"/> Tetanus <input type="checkbox"/> Thyroid trouble <input type="checkbox"/> Tuberculosis <input type="checkbox"/> Ulcer <input type="checkbox"/> Urinary tract infection <input type="checkbox"/> Varicose veins <input type="checkbox"/> Venereal disease Other _____ _____ Surgical History Date: <input type="checkbox"/> Adenoids : _____ <input type="checkbox"/> Appendix: _____ <input type="checkbox"/> Back surgery: _____ <input type="checkbox"/> Biopsy: _____ Biopsy Location: _____ <input type="checkbox"/> Breast augmentation: _____ <input type="checkbox"/> Breast reduction: _____ <input type="checkbox"/> Cancer: _____ Location: _____ <input type="checkbox"/> Cataracts: _____ <input type="checkbox"/> Colonoscopy: _____ <input type="checkbox"/> Cyst removal _____ <input type="checkbox"/> Dilatation: _____ <input type="checkbox"/> Gallbladder: _____ <input type="checkbox"/> Gastric Bypass: _____ <input type="checkbox"/> Hysterectomy: _____ Total or Partial? <input type="checkbox"/> Joint replacement: _____ <input type="checkbox"/> Laparoscopy: _____ <input type="checkbox"/> Oral surgery: _____ <input type="checkbox"/> Rhinoplasty: _____ <input type="checkbox"/> Tonsils: _____ <input type="checkbox"/> Vision correction: _____ Others _____
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Signature: _____

<p><u>Medical (WOMEN)</u></p> <p><input type="checkbox"/>Ablation</p> <p><input type="checkbox"/>Birth control</p> <p>Describe _____</p> <p><input type="checkbox"/>Breast cancer</p> <p><input type="checkbox"/>Changes in normal menstrual flow (heavier, large clots, scanty)</p> <p>-Date last GYN exam _____</p> <p>Pap <input type="checkbox"/> + <input type="checkbox"/> -</p> <p>Mammogram <input type="checkbox"/> + <input type="checkbox"/> -</p> <p>Date of last study: _____</p> <p><input type="checkbox"/>Currently pregnant?</p> <p># pregnancies _____</p> <p>#live childbirths _____</p> <p><input type="checkbox"/>Children Breast Fed</p> <p><input type="checkbox"/>Decreased sex drive</p> <p><input type="checkbox"/>Endometriosis</p> <p><input type="checkbox"/>Fibrocystic breasts</p> <p><input type="checkbox"/>Fibroids/ovarian cysts</p> <p><input type="checkbox"/>Frequent vaginal infection</p> <p><input type="checkbox"/>Hormones</p> <p>Name _____</p> <p>_____</p> <p><input type="checkbox"/>Natural hormones</p> <p><input type="checkbox"/>Synthetic hormones</p> <p>Decribe experience</p> <p>_____</p> <p><input type="checkbox"/>History Of Infertility</p> <p><input type="checkbox"/>Losing urine w/coughing or sneezing</p> <p><input type="checkbox"/> Menstrual irregularities</p> <p>-Date-last menstrual cycle _____</p> <p>-Length of cycle _____ days</p> <p>-Interval of time between cycles _____ days</p> <p><input type="checkbox"/>Menopause</p> <p><input type="checkbox"/>Moodiness/Depression with menstrual cycle</p> <p><input type="checkbox"/>Pelvic inflammatory disease</p> <p><input type="checkbox"/>Premenstrual syndrome (PMS)</p>	<p><u>Medical (WOMEN) Cont.</u></p> <p><input type="checkbox"/>Sexually transmitted disease</p> <p><input type="checkbox"/>Surgical menopause</p> <p><input type="checkbox"/>Tubal Ligation</p> <p><input type="checkbox"/>Vaginal dryness</p> <p><input type="checkbox"/>Vaginal infections</p> <p><input type="checkbox"/>History of Rape, violence or sexual assault.</p> <p><input type="checkbox"/>Currently sexually active/ Desire to be.</p> <p><input type="checkbox"/>Other _____</p> <p>_____</p> <p><u>Medical (MEN)</u></p> <p><input type="checkbox"/>Benign prostatic hyplasia</p> <p><input type="checkbox"/>Decreased sex drive</p> <p><input type="checkbox"/>Infertility</p> <p><input type="checkbox"/>Prostate problems</p> <p><input type="checkbox"/>Prostate cancer</p> <p><input type="checkbox"/>Sexually transmitted disease</p> <p><input type="checkbox"/>Trouble w/premature ejaculation</p> <p><input type="checkbox"/>Trouble w/erectile dysfunction</p> <p><input type="checkbox"/>Trouble urinating</p> <p><input type="checkbox"/>Decrease in size of urinating stream</p> <p># time urinate night _____</p> <p><u>Immunizations</u></p> <p><input type="checkbox"/>Td (date) _____</p> <p><input type="checkbox"/>Pneumonia (date) _____</p> <p><input type="checkbox"/>Flu (date) _____</p> <p><input type="checkbox"/>Shingles (date) _____</p> <p><input type="checkbox"/>Childhood immunizations</p> <p><input type="checkbox"/>Hepatitis</p> <p><input type="checkbox"/>Others</p> <p>_____</p>	<p><u>Health Habits</u></p> <p><input type="checkbox"/>Tobacco: Past / Present</p> <p>Cigarettes: #/day _____</p> <p>Cigars: #/day _____</p> <p>How long? _____</p> <p><input type="checkbox"/>Interested in stopping?</p> <p><input type="checkbox"/>Alcohol:</p> <p>Wine: #glasses/d or wk _____</p> <p>Liquor: #ounces/d or wk _____</p> <p>Beer: #glasses/d or wk _____</p> <p>Current Elicit Drug use: _____</p> <p>Marijuana Use: _____</p> <p>History Of Drug Or Alcohol</p> <p>Dependance: _____</p> <p>Recovered: _____</p> <p><u>Sleep</u></p> <p>Number of hours you sleep per night: _____</p> <p>Bedtime: _____</p> <p>Awake time: _____</p> <p>Diagnosed Sleep Apnea: _____</p> <p>C-Pap/ Bi-Pap use: _____</p> <p>Last Sleep Study: _____</p> <p>Do you snore or have you been told you snore? Yes or No</p> <p>Do you Dream? Yes or No</p> <p>Awake rested? Yes or No</p> <p>Sleep in a chair or a bed? _____</p> <p>Any medications, or supplements for sleep: _____</p>
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Signature: _____
Date: _____



Fluid Intake:

- Caffeine:
- Coffee: #8oz cups/d _____
- Tea: #8oz cups/d _____
- Soda w/caffeine: #cans/d _____
- Diet soda #cans/d _____
- Other sources _____
- Water: #glasses/d _____

Eating Habits

- Skip meals- which ones _____
- One meal/day
- Two meals/day
- Three meals/day
- Graze(sm. Frequent meals)
- Generally eat on the run
- Eat constantly whether hungry or not

Nutrition & Diet

- Mixed food diet (animal and vegetable sources)
- Vegetarian
- Vegan
- Salt restriction
- Fat restriction
- Starch/carbohydrate restriction
- The Zone Diet
- Total calorie restriction
- Specific food restrictions:
- Dairy Wheat Eggs
- Soy Corn All gluten
- Gluten free
- Dairy free
- Grain free
- Sugar cravings
- Yes, describe: _____
- Carbohydrate cravings
- Yes, describe: _____

Trigger Foods: (foods that once eaten have difficulty stopping) _____

Who shops for the household? _____

Who Cooks? _____

How many people live in the household? _____

Any family members on restricted diets? _____

What kitchen appliances do you own to cook with: (George forman grill, outdoor grill (gas, Electric, Charcoal), other: Please Name: _____

Do you Own a blender? _____

Do you drink meal replacement drinks? _____

Would you rather eat food or drink it? _____

Your Biggest Pitfall to "dieting"? _____

Percentage you eat out per week: _____

What meals are eaten out most: Breakfast/ Lunch/ Dinner

Reason for eating out? (Enjoyment/ Convenience, Other) _____

Foods you absolutely will not eat despite how good they might be for you: _____

Foods you crave: _____

What do you snack on: _____

Typical Breakfast you eat? Or Don't eat: _____

Eating Style you grew up with: _____

How do you view Food: _____

Food Frequency

of servings per day:

Fruits (citrus, melon, etc.) _____

Dark green or deep yellow/orange vegetables _____

Grains (unprocessed) _____

Beans, peas, legumes _____

Dairy, eggs _____

Meat, poultry, fish _____

Exercise

Do you Enjoy exercise? Yes or No

5-7 days per week

3-4 days per week

1-2 days per week

45 minutes or more duration per workout

30-45 minutes duration per workout

Less than 30 minutes

Walk-#days/wk _____

Run, jog, other aerobic-#days/wk _____

Weight lift-#days/wk _____

Stretch-#days/wk _____

Personal trainer

Other _____

Signature: _____ Date: _____

<p><u>Social History</u></p> <p>Hobbies: What do you like to do: _____ _____ _____</p> <p>What do you like to do that you can't do now? What limits you? _____ _____ _____</p> <p>Last Year Of School completed: Name of Degree:: _____ _____</p> <p>What were your occupations: _____ _____</p> <p>Did you serve in the military? What Branch? How Long? Did you serve in active combat? _____ _____ _____</p> <p>Any History of PTSD? _____ _____ _____</p>	<p><u>Birth History:</u></p> <p>Full Term or Premature: _____ Vaginal or C- section? _____ Problems During your mothers pregnancy? _____</p> <p><u>Childhood Illnesses</u></p> <p><input type="checkbox"/> Measles <input type="checkbox"/> Mumps <input type="checkbox"/> Rubella <input type="checkbox"/> Chicken pox <input type="checkbox"/> Polio</p> <p><u>Childhood History</u></p> <p>Any Trauma (Car Accidents, concussions): Yes or No _____ _____</p> <p>Prolonged Hospitalizations: _____ Frequent Antibiotic Use: Yes or No How often were you sick? _____ Any Contact Sports? Yes or No Any Injuries as a result of sports? Yes or No: No: _____ _____</p>	<p><u>Current Supplements</u></p> <p><input type="checkbox"/> Multivitamin <input type="checkbox"/> Vitamin C <input type="checkbox"/> Vitamin E <input type="checkbox"/> EPA/DHA <input type="checkbox"/> Evening Primrose/GLA <input type="checkbox"/> Calcium, source <input type="checkbox"/> Magnesium <input type="checkbox"/> Zinc <input type="checkbox"/> Minerals, describe _____ <input type="checkbox"/> Friendly flora (acidophilus) <input type="checkbox"/> Digestive enzymes <input type="checkbox"/> Amino acids <input type="checkbox"/> CoQ10 <input type="checkbox"/> Antioxidants(lutein, resveratrol, etc.) <input type="checkbox"/> Herbs <input type="checkbox"/> Homeopathy <input type="checkbox"/> Protein shakes <input type="checkbox"/> Superfoods (bee pollen, phytonutrient blends) <input type="checkbox"/> Liquid meals(Ensure) Others _____</p> <p>Where do you currently purchase supplements? <input type="checkbox"/> GNC <input type="checkbox"/> Vitamin Shoppe <input type="checkbox"/> Drs. Office <input type="checkbox"/> Health Food Store</p> <p>Any adverse effects of supplements in the past? <input type="checkbox"/> Yes <input type="checkbox"/> No If Yes, please explain: _____ _____ _____</p>
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Signature: _____ Date: _____



LOW THYROID SYMPTOM CHECKLIST

NAME: _____ DATE: _____ CURRENT DOSE: _____

These symptoms arise from Low Intracellular Thyroid Hormone, not what is in the blood!

Rate the following symptoms based on Severity in last 72 hours – 0 (None) 5 (Severe)

Fatigue		Anxiety	
Depression		Lack of sweating	
Weight gain/difficulty losing weight		Weakness	
Cold extremities		Pale skin	
Dry or coarse skin		Shortness of breath	
Constipation		PMS	
Cold intolerance		Heavy menstrual flow	
Hair loss or dry hair		Muscle or joint aches	
Poor memory		Poor motivation	
Poor concentration		Water retention	
Migraines			

Total Score: _____

Recommendations Resulting:

Continue Same Dose

Increase Dose to _____ daily/other

Decrease Dose to _____ daily/other

Signature: _____ Date: _____

FEMALE HORMONE SYMPTOM ASSESSMENT

Patient Name: _____ Date: _____

Which of the following symptoms apply to you at this time? Please make the appropriate box for each symptom. For symptoms that do not apply, please mark 'None'.

Score:	None 0	Mild 1	Moderate 2	Severe 3	Very Severe 4
1. Hot flashes, sweating (episodes of sweating)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Heart discomfort (unusual awareness of heart beat, heart skipping, heart racing, tightness)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Sleep problems (difficulty in falling asleep, difficulty in sleeping through, waking up early)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Depressive mood (feeling down, sad, on the verge of tears, lack of drive, mood swings)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Irritability (feeling nervous, inner tension, feeling aggressive)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. Anxiety (inner restlessness, feeling panicky)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. Physical and mental exhaustion (general decrease in performance, impaired memory, decrease in concentration, forgetfulness)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. Sexual problems (change in sexual desire, in sexual activity and satisfaction)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. Bladder problems (difficulty urinating, increased need to urinate, bladder incontinence)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. Dryness of vagina (sensation of dryness or burning in the vagina, difficulty with sexual intercourse.)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11. Joint and muscular discomfort (pain in joints, rheumatoid complaints.)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Last Pap: _____	Date: _____	Normal/Abnormal: _____
Last Mammogram	Date: _____	Normal/Abnormal: _____
Family History of Breast Cancer?	Yes/No	Last Menstrual Period: Date: _____
1 st Degree Relative	Yes/No	Cycle every 28 days or Irregular
Osteoporosis/Osteopenia	Yes/No	Flow: Heavy Medium Light
Have you been on Hormones in the past?	Yes/No	Type: _____ Length of Treatment: _____
Any history of Cancer?	Type: _____	Treatments: _____
Any complications:	_____	

Signature: _____ Date: _____



MEDICAL SYMPTOMS QUESTIONNAIRE

Rate each of the following symptoms based upon your typical health profile for: Past 48 Hrs

- Point Scale*
- 0 – **Never** or **almost never** have the symptom
 - 1 – **Occasionally** have it, effect is **not severe**
 - 2 – **Occasionally** have it, effect is **severe**
 - 3 – **Frequently** have it, effect is **not severe**
 - 4 – **Frequently** have it, effect is **severe**

HEAD

_____	Headaches	
_____	Faintness	
_____	Dizziness	
_____	Insomnia	Total _____

EYES

_____	Watery or itchy eyes	
_____	Swollen, reddened or sticky eyelids	
_____	Bags or dark circles under eyes	
_____	Blurred or tunnel vision	
	(does not include near or far-sightedness)	Total _____

EARS

_____	Itchy ears	
_____	Earaches, ear infections	
_____	Drainage from ear	
_____	Ringing in ears, hearing loss	Total _____

NOSE

_____	Stuffy nose	
_____	Sinus problems	
_____	Hay fever	
_____	Sneezing attacks	
_____	Excessive mucus formation	Total _____

MOUTH/THROAT

_____	Chronic coughing	
_____	Gagging, frequent need to clear throat	
_____	Sore throat, hoarseness, loss of voice	
_____	Swollen or discolored tongue, gums, lips	
_____	Canker sores	Total _____

SKIN

_____	Acne	
_____	Hives, rashes, dry skin	
_____	Hair loss	
_____	Flushing, hot flashes	
_____	Excessive sweating	Total _____

HEART

_____	Irregular or skipped heartbeat	
_____	Rapid or pounding heartbeat	
_____	Chest pain	Total _____

Signature: _____ Date: _____



MEDICAL SYMPTOMS QUESTIONNAIRE

LUNGS _____ Chest congestion
_____ Asthma, bronchitis
_____ Shortness of breath
_____ Difficulty breathing
Total _____

DIGESTIVE TRACT _____ Nausea, vomiting
_____ Diarrhea
_____ Constipation
_____ Bloating feeling
_____ Belching, passing gas
_____ Heartburn
_____ Intestinal/stomach pain
Total _____

JOINTS/MUSCLE _____ Pain or aches in joints
_____ Arthritis
_____ Stiffness or limitation of movement
_____ Pain or aches in muscles
_____ Feeling of weakness or tiredness
Total _____

WEIGHT _____ Binge eating/drinking
_____ Craving certain foods
_____ Excessive weight
_____ Compulsive eating
_____ Water retention
_____ Underweight
Total _____

ENERGY/ACTIVITY _____ Fatigue, sluggishness
_____ Apathy, lethargy
_____ Hyperactivity
_____ Restlessness
Total _____

MIND _____ Poor memory
_____ Confusion, poor comprehension
_____ Poor concentration
_____ Poor physical coordination
_____ Difficulty in making decisions
_____ Stuttering or stammering
_____ Slurred speech
_____ Learning disabilities
Total _____

EMOTIONS _____ Mood swings
_____ Anxiety, fear, nervousness
_____ Anger, irritability, aggressiveness
_____ Depression
Total _____

OTHER _____ Frequent illness
_____ Frequent or urgent urination
_____ Genital itch or discharge
Total _____

GRAND TOTAL **TOTAL** _____

Signature: _____ Date: _____



PRIVACY RIGHTS

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.

If you have any questions about this notice, please contact the Privacy Official for Total Nutrition and Therapeutics P.A. 352-259-5190

Introduction

This Notice of Privacy Practices is provided to you as a requirement of the Health Insurance Portability and Accountability Act (HIPAA).

At Total Nutrition and Therapeutics P.A., we are committed to treating and using protected health information about you responsibly. This Notice of Health Information Privacy Practices describes the personal health information we collect, and how and when we use or disclose that information. This notice also describes your rights as they relate to your Protected Health Information. This Notice is effective April 14, 2003, and applies to all protected health information as defined by federal regulations.

Acknowledgment of Receipt of this Notice

You will be asked to provide a signed acknowledgment of receipt of this notice. Our intent is to make you aware of the possible uses and disclosures of your protected health information and your privacy rights. The delivery of your health care service will in no way be conditioned upon your signed acknowledgment. If you decline to provide a signed acknowledgment, we will continue to provide you treatment, and will use and disclose your protected health information for treatment, payment, and health care operations when necessary.

Understanding Your Health Record/Information

Each time you visit Total Nutrition and Therapeutics P.A., a record of your visit is made. Typically, this record contains your symptoms, examination and test results, diagnoses, treatment, and a plan for future care or treatment. This information, often referred to as your health or medical record, and serves as a:

- Basis for planning your care and treatment,
- Means of communication among the many health professionals who contribute to your care,
- Legal document describing the care you received,
- Means by which you or a third-party payer can verify that services billed were actually provided,
- A tool in educating health professionals,
- A source of data for medical research,
- A source of information for public health officials charged with improving the health of this state and the nation,
- A source of data for our planning and marketing,
- A tool with which we can assess and continually work to improve the care we render and the outcomes we achieve,

Understanding what is in your record and how your health information is used helps you to: ensure its accuracy, better understand who, what, when, where, and why others may access your health information, and make more informed decisions when authorizing disclosure to others.

Your Health Information Rights

Although your health record is the physical property of Total Nutrition and Therapeutics P.A., the information belongs to you. You have the right to:

- Obtain a paper copy of this Notice of Privacy Practices upon request,
- Inspect and obtain a copy your health record as provided for in 45 CFR 164.524,
- Request to Amend your health record as provided in 45 CFR 164.528,
- Obtain an accounting of disclosures of your health information as provided in 45 CFR 164.528,
- Request communications of your health information by alternative means or at alternative locations,
- Request a restriction on certain uses and disclosures of your information as provided by 45 CFR 164.522, and,
- Revoke your authorization to use or disclose health information except to the extent that action has already been taken.



Our Responsibilities

Total Nutrition and Therapeutics P.A. is required to:

1. Maintain the privacy of your health information,
2. Provide you with this notice as to our legal duties and privacy practices with respect to information we collect and maintain about you,
3. Abide by the terms of this notice,
4. Notify you if we are unable to agree to a requested restriction,
5. Accommodate reasonable requests you may have to communicate health information by alternative means or at alternative location, and
6. Obtain your written authorization to use or disclose your health information for reasons other than those listed above and permitted under law.

Total Nutrition and Therapeutics P.A., reserves the right to change our Privacy Information practices and to make the new provisions effective for all protected health information we maintain. Revised notices will be available to you at this office during business hours, or by mail if requested. We will not use or disclose your health information without your authorization, except as described in this notice. We will also discontinue to use or disclose your health information after we have received a written revocation of the authorization according to the procedures included in the authorization. Examples of How Total Nutrition and Therapeutics P.A., May Use or Disclose Your Health Information

For Treatment: Total Nutrition and Therapeutics P.A., may use your health information to provide you with medical treatment or services. For example, information obtained by a health care provider, such as a physician, nurse, or other person providing health services to you, will record information in your record that is related to your treatment. This information is necessary for health care providers to determine what treatment you should receive. Health care providers will also record actions taken by them in the course of your treatment and note how you respond to those actions.

For Payment: Total Nutrition and Therapeutics P.A., may use and disclose your health information to others for purposes of receiving payment for treatment and services that you receive. For example, a bill may be sent to you or a third-party payor, such as an insurance company or health plan. The information on the bill may contain information that identifies you, your diagnosis, and treatment or supplies used in the course of treatment.

For health care operations: For example, Members of the medical staff, the risk or quality improvement manager, or members of the quality improvement team may use information in your health record to assess the care and outcomes in your case and others like it. This information will then be used in an effort to continually improve the quality and effectiveness of the healthcare and service we provide.

Appointments: Total Nutrition and Therapeutics P.A., may use your information to provide appointment reminders or information about treatment alternatives or other health-related benefits and services that may be of interest to the individual.

Business associates: Some services provided in our organization are provided through Business Associates. Examples include physician services in the emergency department and radiology, certain laboratory tests, or a copy service we may use when making copies of your health record. When these services are contracted, we may disclose your health information to our business associate so that they can perform the job we've asked them to do and bill you or your third-party payer for services rendered. To protect your health information, however, we require the business associate to appropriately safeguard your information.

Directory: Unless you notify us that you object, we may use your name, if you have been transported to a hospital or other facility, and give your general condition, and religious affiliation for directory purposes. This information may be provided to family members or members of the clergy and, except for religious affiliation, to other people who ask for you by name.

Notification, or Communication with Family Members: Health professionals, using their best judgment, may use, or disclose information to notify or assist in notifying family relatives, personal representatives, close personal friends, or other people you identify; information relevant to that persons' involvement in your care or payment information related to your care.



Research: We may disclose information to researchers when their research has been approved by an institutional review board that has reviewed the research proposal and established protocols to ensure the privacy of your health information.
Funeral directors: We may disclose health information to funeral directors consistent with applicable law to carry out their duties.
Organ procurement organizations: Consistent with applicable law, we may disclose health information to organ procurement organizations or other entities engaged in the procurement, banking, or transplantation of organs for the purpose of tissue donation and transplant

Marketing: We may contact you to provide appointment reminders, information about treatment alternatives or other health-related benefits and services that may be of interest to you.

Fund raising: We may contact you as part of a fund-raising effort.

Food and Drug Administration (FDA): We may disclose to the FDA health information relative to adverse events with respect to food, supplements, product and product defects, or post marketing surveillance information to enable product recalls, repairs, or replacement.

Workers Compensation: We may disclose health information to the extent authorized by and to the extent necessary to comply with laws relating to workers compensation or other similar programs established by law.

Public Health: Your health information may be used or disclosed for public health activities such as assisting public health authorities or other legal authorities to prevent or control disease, injury, or disability, or for other health oversight activities.

Required by Law: Total Nutrition and Therapeutics P.A., may use and disclose information about you as required by law. For example, Total Nutrition and Therapeutics P.A., may disclose information for the following purposes:

for judicial and administrative proceedings pursuant to legal authority; to report information related to victims of abuse, neglect or domestic violence; and to assist law enforcement officials in their law enforcement duties.

Federal law makes provision for your health information to be released to an appropriate health oversight agency, public health authority or attorney, provided that a work force member or business associate believes in good faith that we have engaged in unlawful conduct or have otherwise violated professional or clinical standards and are potentially endangering one or more patients, workers or the public.

Health and Safety: Your health information may be disclosed to avert a serious threat to the health or safety of you or any other person pursuant to applicable law.

Government Functions: Specialized government functions such as protection of public officials or reporting to various branches of the armed services that may require use or disclosure of your health information.

For More Information or to Report a Problem, or If you have questions and would like additional information, you may contact our practice 's Privacy Official.

Total Nutrition and Therapeutics P.A.
510 CR 466 Suite 104-B Lady Lake, Florida 32159 Phone: 352-259-5190

If you believe your privacy rights have been violated, you can file a complaint with the practice 's Privacy Officer, or with the Office for Civil Rights, U.S. Department of Health and Human Services. There will be no retaliation for filing a complaint with either the Privacy Officer or the Office for Civil Rights. The address for the OCR is listed below:

Office for Civil Rights –
U.S. Department of Health and Human Services
200 Independence Avenue, S.W.
Room 509F, HHH Building
Washington, D.C. 20201

809 Hwy 466 Unit 202-C Lady Lake, FL 32159 352-259-5190
TNT4ME.COM



PHOTO RELEASE FORM

PHOTO RELEASE FOR ADULTS:

I, being of legal age, consent that the photograph taken of myself can be used for TNT's electronic medical software for my safety and protection. This photograph release form does not give permission for my photograph to be used for any marketing purposes. It is strictly for TNT office use in preparing my medical chart.

Name of Client (Print) _____ Date: _____

Signature of Client: _____

Address: _____ City: _____ ST: _____ Zip: _____

PHOTO RELEASE FOR MINORS:

I, being a Parent/Legal Guardian of _____, hereby give consent that the photograph taken of him/her can be used for TNT's electronic medical software for their safety and protection. This photograph release form does not give permission for his/her photograph to be used for any marketing purposes. It is strictly for TNT office use in preparing his/her medical chart.

Name of Client (Print) _____ Date: _____

Signature of Parent/Guardian: _____

Address: _____ City: _____ ST: _____ Zip: _____



Acknowledgment of Receipt of this Notice

Total Nutrition and Therapeutics P.A. is concerned about the privacy of our patients health care information. Our intent is to make you aware of the possible uses and disclosures of your protected health information and your privacy rights. The delivery of your health care service will in no way be conditioned upon your signed acknowledgment. If you decline to provide a signed acknowledgment, we will continue to provide your treatment, and will use and disclose your protected health information for treatment, payment, and health care operations when necessary.

I acknowledge that I have received the Notice of Privacy Practices for:
Total Nutrition and Therapeutics P.A.

Name of Patient (PRINT) _____

Signature of Patient or Authorized Representative

Date

I acknowledge and agree that Total Nutrition and Therapeutics P.A. may: (CHECK ALL THAT APPLY)

- Leave a message regarding upcoming appointments
- Leave a message regarding lab results/medication refills on my home answering machine
- Leave a message regarding billing questions on my home answering machine
- Email receipts, appointment reminders, etc.
- Receive text message appointment reminders, etc.

I acknowledge and agree that Total Nutrition and Therapeutics P.A. may disclose my protected health information and medical record information to the following individuals who are either, my family members, legal representatives, guardians, health care surrogates, or have power of attorney on my behalf:

Print name, relationship, and phone number

Print name, relationship, and phone number

Print name, relationship, and phone number

I have read and understand the information in this consent. I may receive a copy of this consent if I so choose, and I am the patient or the authorized party to act on the behalf of the patient to sign this document verifying consent to the above terms.

Date: _____

Signature of Patient or Authorized Representative

Please Print Name:



Waiver of Liability, Assumption of Risk, and Indemnity Agreement Waiver:

I agree to consult with my primary care physician before starting any exercise or any weight loss program. In consideration of being permitted to participate in any way in activities and diet programs indicated on the following page, hereinafter called ' Activities & Programs ', I, for myself, my heirs, personal representatives or assigns, do hereby release, waive, discharge, and covenant not to sue Total Nutrition and Therapeutics P.A., its officers, employees, and agents from liability from any and all claims including the negligence of Total Nutrition and Therapeutics P.A., its officers, employees and agents, resulting in personal injury, accidents or illnesses (including death), and property loss arising from, but not limited to, participation in The Activities.

Signature of Participant

Date

Assumption of Risks: Participation in ' Activities & Programs, ' carries with it certain inherent risks that cannot be eliminated regardless of the care taken to avoid injuries. The specific risks vary from one Activities to another, but the risks range from 1) minor injuries such as scratches, bruises, and sprains 2) major injuries such as eye injury or loss of sight, joint or back injuries, heart attacks, and concussions to 3) catastrophic injuries including paralysis and death.

I have read the previous paragraphs and I know, understand, and appreciate these and other risks that are inherent in The Activities. I hereby assert that my participation is voluntary and that I knowingly assume all such risks.

Indemnification and Hold Harmless: I also agree to indemnify and hold Total Nutrition and Therapeutics P.A. harmless from any and all claims, actions, suits, procedures, costs, expenses, damages and liabilities, including attorney 's fees brought as a result of my involvement in The Activities and to reimburse them for any such expenses incurred.

Severability: The undersigned further expressly agrees that the foregoing waiver and assumption of risks agreement is intended to be as broad and inclusive as is permitted by the law of the State of Florida and that if any portion thereof is held invalid, it is agreed that the balance shall, notwithstanding, continue in full legal force and effect.

Acknowledgment of Understanding: I have read this waiver of liability, assumption of risk, and indemnity agreement, fully understand its terms, and understand that I am giving up substantial rights, including my right to sue. I acknowledge that I am signing the agreement freely and voluntarily, and intend by my signature to be a complete and unconditional release of all liability to the greatest extent allowed by law.

Signature of Participant

Date



AUTHORIZATION FOR MEDICAL TREATMENT

I the undersigned patient of this office, hereby authorize the staff of Total Nutrition and Therapeutics to administer such treatments as are responsible and necessary. I also authorize such additional treatments, diagnostics and procedures, which may arise during the course of my treatment, based on the finding of the said treatment.

This authorization applies to any location in which services are rendered, whether they are administered in a clinical setting or other venue. I recognize the limitations of certain venues and hereby agree to follow through with the doctor's recommendation regardless of the location, unless I waive the rights to such procedures or treatment.

I certify that no guarantees or assurance have been made as to the results that may be obtained from any and all treatments and I have been fully informed of the risks associated with the treatment performed by the physician. I also acknowledge that I will notify the physician promptly (within a period of one week from the time of any incident) if there are any questions, concerns, complication or problems relating to my care.

I also hereby certify that I have read and fully understand the authorization for medical treatment, the reason why the treatment is being performed, its advantages and disadvantages, possible complications, if any, as well as possible alternative modes of treatment, which were explained to me by the staff at Total Nutrition and Therapeutics.

Signature of Participant

Date

Print Name of Patient or Legal Guardian



OFFICE FINANCIAL POLICY

- I. We will collect your payment and fees at the time of service. Payment methods are: cash, check, Mastercard, Discover and Visa or American Express. Metabolic Evaluations and classes are collected prior to scheduling and are non-refundable.
- II. There is a \$25 charge on all returned checks
- III. If you are sent outside of the office for additional testing such as lab work or imaging, that facility will file your insurance for you. If you have questions regarding billing or claim payment, call the facility directly. We do not have information regarding billing from outside of this office.

Patient No-Show / Cancellation Policy

In order for Total Nutrition and Therapeutics to provide you with the best care possible, we ask that you make every effort to keep your scheduled appointments and arrive in a timely manner.

IMPORTANT: There is a \$150.00 NO SHOW fee for ALL initial office visits if cancellation is not made at least 24 hours prior to your appointment. There is a no show fee of \$90.00 for subsequent office visits if cancellation is not made at least 24 business hours prior to your appointment regardless of the provider you are scheduled with or the program you are enrolled in.

Due to the demand of TNT's programs, all appointment times are often filled several weeks in advance with no openings for those desiring earlier appointments. Cancellation made at least 24 business hours in advance allows us to accommodate others. We do realize that on rare occasion emergencies may arise and we will address these situations with you at that time. We thank you in advance for your cooperation and for working with us to ensure services are provided to you in the best possible way.

Signature of Patient or Legal Guardian: _____

Patient's Name: _____

Date: _____

Print Name of Patient or Legal Guardian



FINANCIAL RESPONSIBILITY AGREEMENT

I, _____, hereby acknowledge by this statement that I have been fully informed that payment for any and all of the medical services provided by Total Nutrition and Therapeutics is solely my responsibility. I understand that the services provided by this company will not be billed to any medical insurance company, whether or not they may be covered services that are medically necessary and covered by my insurance. I understand that most, if not all, of the services provided by Total Nutrition and Therapeutics are "non covered" services. I realize that I am the sole party responsible for payment to Total Nutrition and Therapeutics for all services rendered.

Signature of Patient or Legal Guardian: _____

Patient 's Name: _____ Date: _____

Print Name of Patient or Legal Guardian

METABOLIC EVALUATION FINANCIAL AGREEMENT

Please be advised that *all FEES* for obtaining Metabolic Evaluation Paperwork are NON-REFUNDABLE.

By signing this waiver you agree to the fees for the above mentioned and fully understand that they are non-refundable. If you have any concerns or questions please do not hesitate to ask before signing.

Print name of Patient or Legal Guardian: _____

Signature of Patient or Legal Guardian: _____

Patient 's Name: _____ Date: _____



It is important for us to hear how you found us, please take a minute and let us know how you found out about us.

Phone Book:

- Villages Phone Book
- Embarq Yellow Pages
- Embarq Business Pages
- Lake, Sumter, or Marion Yellow Pages

Newspaper:

- Which one: _____

Television:

- HomeTown Health
- Public Television

Family Doctor:

- Doctor's name: _____

Magazine:

- Lake Sumter Style
- Focus Style
- Style Magazine
- Other: _____

Seminar:

- Which: _____

Family or Friend:

- Name: _____

May we thank them for referring you? Yes No

Other: _____



Supplementation Policy

Excerpt from: FDA NEWS RELEASE November 2015

*'The U.S. Food and Drug Administration, in partnership with other government agencies, today announced the results of a yearlong sweep of dietary supplements to identify potentially unsafe or tainted supplements. The sweep resulted in civil injunctions and criminal actions against **117 various manufacturers** and/or distributors of dietary supplements and tainted products falsely marketed as dietary supplements.'*

Dear Client,

Total Nutrition and Therapeutics takes pride in the knowledge that our Clinic has spent countless hours researching the supplements we carry and suggest to our clients.

Our supplementation protocol is designed to 'fill in the gaps'. If we find that a client is deficient in certain areas we make recommendations on specific supplements that can help with these deficiencies.

However, before we decide to carry any supplement, extensive research is conducted. Three major issues we look at are as follows:

1. Is the supplement safe to take?—contamination and toxicity
2. How does the supplement get absorbed?—disintegration; dissolution; strength; purity; expiration date
3. Is the company/manufacturer science based?—what is the research and science behind their product

Therefore, for the reasons stated above, each time we make a recommendation on a particular supplement we are secure in the integrity of the supplement.

This same integrity can not be established on supplements that we do not carry and have not researched. Our clients are free to do their own research on other supplements but please note, TNT can not and will not guarantee the purity of that product. Furthermore, TNT does not have the time or resources to research other supplements brought in by clients. In addition, we can not guarantee that you will have the same health outcomes with another supplement as you will with ours.

I have read and understand the Supplementation Policy established by Total Nutrition and Therapeutics.

Printed Name of Client

Date

Signature of Client

Date