

 **ADULT HEALTH HISTORY FORM**

**Welcome to Alcona Health Centers! Listed below are our locations:**

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| **Alpena Services: P.O. Box 857, Alpena, MI 49707**  | **(989) 356-4049**  |
| **Cheboygan Campus 740 S. Main St. Cheboygan, MI 48721**  **Suite 2A** **Suite 2B**  **Suite 2C** **Suite 3A** | **(231) 627-7118 (231) 627-7118** **(231) 627-7118****(231) 627-3002** |
| **Health Center of Northern Michigan 3434 M-119, Harbor Springs 49740**  | **(231)348-9900**  |
| **Harrisville Services 205 N. State, P.O. Box 130, Harrisville 48740**  | **(989) 724-5655**  |
| **Indian River Campus 6135 Cressy St, Indian River, MI 49749**  | **(231) 238-8908**  |
| **Lincoln Services 177 N. Barlow Road, P.O. Box 279, Lincoln, MI 48742**  | **(989) 736-8157**  |
| **Long Rapids Plaza 346 Long Rapids Plaza Alpena, MI 49707** | **(989) 358-3500** |
| **Oscoda Services 5671 N. Skeel Ave., Aune Medical Center, Suite 8, Oscoda 48750**  | **(989) 739-2550**  |
| **Ossineke Services 11745 US-23, PO Box 83 Ossineke, MI 49766**  | **(989) 471-2156**  |
| **Pellston Services 421 Stimpson Dr. Unit 102, Pellston, MI 49769**  | **(231) 844-3051** |
| **Petoskey Child Health Associates 2390 Mitchell Park Dr. , Petoskey, MI 49770** | **(231) 487-2250** |
| **Pickford Campus 416 M-129, Pickford, MI 49774**  | **(906) 647-2217**  |
| **Tiger Health Extension, Alcona Elementary School, 181 N. Barlow Road, Lincoln, MI**  **48742**  |  **(989)736-8716**  |
| **Wildcat Health Extension at Lincoln Elementary school at 309 W. Lake St, Alpena, MI 49707 \*\**Please note that registered sex offenders are not allowed on the premises at this school-based clinic.***  | **(989) 358-3998**  |

**We offer Dental services at our offices in Alpena and Oscoda. We also offer cleaning and oral screenings at our Lincoln and Cheboygan sites.**

**How do I become established with Alcona Health Centers?**

Call one of our many offices, and **simply request to become an established patient of Alcona Health Centers**.

Our staff will schedule you for an appointment so that we may determine if we can meet your healthcare needs. Please note that this initial appointment does not establish you as a patient of Alcona Health Centers. Upon completion of your initial appointment, one of our healthcare providers will make the determination whether we can meet your needs.

**It is important that you return this form to our office, preferably at least a week before your appointment.**

**This information is very helpful to our providers when addressing all of your important healthcare issues. Your initial appointment is usually 30-45 minutes long. If you find you cannot keep this appointment; notify us as soon as possible to cancel or reschedule.**

Patient Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Today’s date\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_

Address \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ City\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Zip code: \_\_\_\_\_\_\_\_\_

Date of Birth\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_\_Sex \_\_\_\_\_\_ Race: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Marital Status:\_\_\_\_\_\_\_\_\_

Telephone Number: Home ( ) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_cell \_\_\_\_\_\_\_\_\_\_\_\_\_ email: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Drivers License Number\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_ Soc. Sec. Number \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Insurance Company: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Subscriber\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Guardian: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Telephone: \_\_\_\_\_\_\_\_\_\_\_\_\_\_Address: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**DO YOU HAVE A PREFERENCE OF THE PROVIDER WITH WHOM YOU’D LIKE TO SEE? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

May we contact you to schedule appointments? \_\_\_\_ Leave messages on your answering machine? \_\_\_\_\_

Is there a number we can call in an emergency situation? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ No Telephone? We can call to leave a message for you at (name) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (ph. #) \_\_\_\_-\_\_\_\_\_\_

We have a Patient Portal that allows you to access key aspects of your medical records. Would you like to register for access to the Portal? \_\_\_Yes \_\_\_No

**We will be requesting a copy of a picture ID.**

Please list ALLdoctors, clinics, specialists, etc. who have treated you in the past 3 years. Have you ever been discharged from a physician’s office? If so, why? Attach a page if needed.

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**ALCONA HEALTH CENTERS IS A PATIENT-CENTERED MEDICAL HOME.**

We are focused on you. How is this beneficial to you? It means we have created a wide range of services and resources designed to:

* Coordinate and monitor the care you receive from all of your health care providers
* Help you plan and achieve health care goals that are important to you and manage chronic conditions
* Offer you extended access to our health care team

We are honored to be your healthcare provider and are committed to providing you with excellent care that is in keeping with your needs and beliefs. We seek to develop a trusting relationship focused on your wellbeing.

***As a Patient Centered Medical Home, it is important to us that you understand the benefit of this to you. If you have questions, ask us anytime.***

It is our expectation that you’ll take responsibility for working toward the healthy lifestyle that is so important to your well-being. It’s important to be actively involved in your healthcare, whether it be medical, behavioral, or dental health. You may include others (family/friends) to be present to support you in your healthcare. We may ask you to sign a release of information form in these instances, when appropriate.

We will be encouraging you to do things that positively impact your health. Let us know if any advice we offer conflicts with your values, beliefs, or ability to do. We can consider alternative plans.

While we offer the expertise and clinical advice, we understand your understanding and cooperation is vital. We believe patients can achieve great things in improving their health. Our staff are trained to help you develop self-management goals, a series of specific measurable steps to help you get to where you want to be, whether it be weight loss or getting more mobile, only to name a few goals.

We expect all patients to have an annual health exam. This will allow us to screen for preventative health concerns such as obesity, chronic disease, cancers, behavioral health, dental health, and decline in health status. Please plan for this by scheduling one a year in advance. We’ll call to remind you of your appointment a few days prior.

As your Patient Centered Medical Home (PCMH), we are prepared to guide all aspects of your healthcare. Contact us whenever you have concerns. Before going to the ER, unless it’s a dire emergency, call us first. Perhaps we can save you the trip by offering you advice over the phone. We have a medical provider on call anytime the clinic is closed. **We prefer our patients NOT use the ER for things we can take care of in the office or by phone.**

We offer PLANNED VISIT to address a chronic health conditions. At these visits, usually only one or two health concerns are addressed and we focus efforts on your current state of health, discuss the plan of care, offer education, and discuss self-management goals.

**PLEASE ANSWER THE FOLLOWING GENERAL HEALTH-RELATED QUESTIONS**

**If you have ever had any of the below, check the boxes that apply**:

**SURGICAL HISTORY** (List any surgeries you have ever had and approximate dates): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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**ALLERGIES** *(*Include medications and food allergies) Add a page, if necessary \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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**LIST CURRENT MEDICATIONS** (Include over-the-counter meds, vitamins, etc.) Add a page, if needed.

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**Are you prescribed and taking a controlled medication? \_\_\_ Yes \_\_\_ No The State of Michigan *requires* that we obtain a report from them that lists every controlled medication script you’ve filled over the past few years. We may also require you to submit to drug testing and to sign and abide by a controlled substance agreement. If you hold a current medical marijuana card, we will need to have a copy of it to put in our records**.

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| **Have YOU or any BLOOD RELATIVE ever had:** | **Check if You** | **Check if a Relative** | **Relationship to you** |
| Alzheimer’s Disease |  |  |  |
| Asthma |  |  |  |
| Auto-immune Disorder (specify) |  |  |  |
| Bleeding disorder |  |  |  |
| Depression/Anxiety/Mental Illness |  |  |  |
| Diabetes (Type I or Type II) |  |  |  |
| Cancer |  |  |  |
| Heart Disease/High Blood Pressure |  |  |  |
| Overweight/Obesity |  |  |  |
| Stroke |  |  |  |
| HIV/AIDS |  |  |  |
| Allergies |  |  |  |
| Anemia |  |  |  |
| Arthritis |  |  |  |
| Asthma |  |  |  |
| Back Pain |  |  |  |
| Blood Disorder |  |  |  |
| Blood clots |  |  |  |
| Rectal Bleeding |  |  |  |
| Chronic cough |  |  |  |
| Colitis/diarrhea |  |  |  |
| Dizziness/fainting |  |  |  |
| Emphysema |  |  |  |
| Eye Disease (Glaucoma, etc) |  |  |  |
| Fibromyalgia |  |  |  |
| Headaches |  |  |  |
| Hearing Problems |  |  |  |
| Hepatitis \_\_A\_\_B\_\_C |  |  |  |
| Hemorrhoids |  |  |  |
| Hernia |  |  |  |
| Indigestion/heartburn |  |  |  |
| Kidney/Bladder problems |  |  |  |
| Mononucleosis |  |  |  |
| Numbness/Tingling |  |  |  |
| Pain (Chronic) |  |  |  |
| Sexually Transmitted Infections |  |  |  |
| Sinus Problems |  |  |  |
| Stomach Problems |  |  |  |
| Thyroid problems |  |  |  |
| Tuberculosis (TB) |  |  |  |
| Other |  |  |  |
| **GENERAL HEALTH QUESTIONS** | **YES** | **NO** |
| Are you satisfied with your sex life? |  |  |
| Do you snore loudly? |  |  |
| Do you wake up gasping? |  |  |
| Do you wake up feeling tired? |  |  |
| Do you feel that you have a loss of energy? |  |  |
| Do you or have you used performance enhancing hormones? |  |  |

**Women’s Health History:**

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| Age at first period: | Avg. days of flow: If you have bad cramps, what helps? |
| Do you check your breast for lumps? | Ever found anything abnormal? | Ever had a mammogram? | Ever had a uterine infection? |
| Is there a history of breast cancer with you or your family (related by blood)?  | When was your last Pap? | Ever had an abnormal Pap test result? |
| Have you had a hysterectomy? | Is there a history of ovarian or cervical cancer in you or your family (related by blood)? |
| Are you sexually active?  | Do you use birth control? What kind? |
| Ever been pregnant? | If so, number of live births: Number of miscarriages:  |
| On birth control?  | Have you ever been on hormone replacement therapy? |
| Brand: | Any women’s health issues we’ve not asked about? |

**Men’s Health History:**

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| Any problems urinating? (More frequent than usual, small amounts? Weak stream? Painful?) | Do you check your testicles for lumps monthly? |
| Ever been diagnosed with a problem with your prostate? | Any pain in your testicles? |
| Is there any history of testicular cancer in you or your family? |
| Have you had a vasectomy? | Any questions about birth control? |

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|  **Our Questions:**  | **Your Answers:**  |
| Do you exercise regularly? If so, how often?  |  |
| What kind of exercise do you do?  |  |
| Do you eat a low-fat diet?  |  |
| Do you smoke? If so, how often, how many, how many years?  |  |
| Do you drink caffeine? If so, how many servings daily?  |  |
| Do you drink alcoholic beverages? If so what kind, amount, how often? |  |
| Are there any domestic abuse in your household?  |  |
| Do you often feel worried, fearful, or anxious?  |  |
| Do you find yourself tense and easily angered with others? |  |
| Do you often feel worthless, blue, or sad?  |  |
| Do you ever feel like “ending it all”?  |  |
| Do you drink to make yourself feel better? |  |
| Do you use marijuana? |  |
| Do you take anti-depressants, or do you think you need to? |  |
| Do you have difficulty getting to sleep and staying asleep? |  |
| How many people live in your household? |  |
| Are you employed now?  |   |
| What kind of work do you do?  |   |
| Are you worried about being able to pay your bills? |  |
| Have you ever had a work-related injury?  |   |
| Do wear seatbelts when riding in a vehicle?  |   |
| Do you have smoke detectors at home?  |   |
| Are you responsible for caring for aging parents/family? |  |
| Are you responsible for caring for children other than your own? |  |

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| **We understand that certain childhood experiences can affect one’s health as an adult. For this reason, we ask the following questions.**  |
| **When you were a child:** | **YES** | **NO** |
| 1. Did your parents’ divorce or leave each other?
 |  |  |
| 1. Did you witness your mother being beaten or otherwise abused?
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| 1. Was an adult member of your household ever incarcerated?
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| 1. Was there drug or alcohol abuse in your childhood home?
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| 1. Was an adult in your household mentally ill?
 |  |  |
| 1. Did you feel loved and supported in your childhood home?
 |  |  |
| 1. Did you have adequate shelter, food and clothing?
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| 1. Were you sexually abused?
 |  |  |
| 1. Were you physically abused?
 |  |  |
| 1. Were you emotionally abused?
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**Our clinic offers a ‘Sliding Fee’ Program to qualified patients that reduce the cost of your medical care received at our facility.** Ask our staff for an application! We will ask you to tell us your approximate family income. This is used solely for organization-wide demographic data; for sliding fee consideration and *not for any other purposes*. It is not shared with anyone except in aggregate and no one is mentioned by name in reports.

**Advance Directive:**  An Advance Directive, also known as a ‘living will’ or ‘Five Wishes’ is a document that you complete PRIOR to a medical emergency so that your family and doctors will know what kind of medical services you would or would not want if you were unable to make those medical decisions yourself. We have these forms available upon request.

**Do you have an Advance Directive? \_\_\_\_Yes \_\_\_\_No If so, we need a copy.**

**Do you want information about creating an Advance Directive? \_\_\_\_Yes \_\_\_\_No**

We will try to review the Advance Directive with you yearly to assure it still reflects your wishes. If you make a change your Advance Directive, give us a revised copy for our records. We may provide a copy to specialists to whom we have referred you and to the ER if you’re ever transported there from our clinic.

**Respect.** We do not tolerate discrimination of anyone based upon race, gender identification/sexual orientation, religion, national origin, physical disability, or age. This same respect is mutually requested for our staff. Inform us of your preferences and inform us if we have failed to provide this courtesy.

**Alcona Health Centers is participating in a Medicare Shared Savings Program Accountable Care Organization.** ACOs are groups of doctors and other health care providers who voluntarily work together with Medicare to give you high quality care at the right time in the right setting. If you have questions, you can talk with Alcona Health Centers at any time. You can also visit [www.medicare.gov/acos.html](http://www.medicare.gov/acos.html) or call 1800-MEDICARE (TTY users should call 1-877-486-2048).

**Controlled Medication Management:**

Opioid abuse is a serious public health issue. Drug overdose deaths are the leading cause of injury death in the United States and it affects almost every community and family in some way. Each year, drug abuse causes millions of serious illnesses or injuries among Americans. If you take a medicine in a way that is different from what the doctor prescribed, it is called prescription drug abuse. Abusing some prescription drugs—including narcotics, sedatives, tranquilizers, and stimulants—can lead to use disorder. We abide by State of Michigan and federal guidelines when prescribing controlled medications to patients of all ages.

We will obtain a report that is provided to us by the State of Michigan that lists every controlled medication prescribed to you (what, when, amount, provider, pharmacy). We assess your pain regularly and request you to cooperate with urine drug testing. We do investigate tips received about misuse. We maintain the right to notify law enforcement about misuse/diversion of controlled medications. **We maintain the right NOT to prescribe controlled substances whenever we believe it to be in the patient’s best interest.** We may require behavioral health consultation, specialty referral, and/or physical therapy in lieu of or along with prescribing of controlled medications.

We have policies and procedures to guide the prescribing of controlled medications. You may view them upon request. We generally do not prescribe controlled medications at the first appointment and will want to see records from previous providers/test results to validate the need for controlled medications. We don’t replace lost or medications reported as stolen. We do not provide prescriptions for controlled medications on weekends or after-hours. We share a copy of your signed controlled substance contract to specialists to whom we have referred you to for care.