



## North Florida Integrative Medicine

Angeli Maun Akey, M.D., FACP · Dawn Brown, PA-C · Shawna Doran, ARNP-BC  
6228 NW 43<sup>rd</sup> Street  
Building 5, Suite B  
Gainesville, Florida 32653-8871  
Telephone 352-332-3380 · Fax 352-332-6604

**Board-Certified in Internal medicine**  
**Board-Certified in Anti-Aging and Regenerative Medicine**  
**Board-Certified in Integrative and Holistic Medicine**

Dear New Patient,

We would like to take this opportunity to welcome you to our practice and to thank you for choosing our physician and healthcare practitioners to participate in your healthcare. We look forward to providing you with personalized, comprehensive healthcare focusing on wellness and prevention. As continuity and coordination of patient care is essential in meeting your healthcare needs, our healthcare team consisting of Dr. Angeli Akey, nurse practitioner, physician assistant, medical assistants and office staff work closely in a “team approach” to support your patient care.

Our office is open **Monday through Thursday from 7:00am-4:00pm, Friday from 7:00am-12 Noon**. Our phones are on service daily from **12 Noon-1:00pm for lunch** and after normal business hours. Any message left on our answering service during the above times, will be returned as soon as possible. Every effort is made to see our patients for medical problems during daytime hours. Please note that our schedulers are available every day and will do their best to accommodate you. Booking an appointment is essential to ensuring all patients receive the time they require for quality medical care.

In addition, all office visits are scheduled in advance, and we will make **every effort** to meet your needs. It is not always possible to fit in urgent or emergency issues into our schedule. If this is the case, we encourage you to use the excellent services offered with Dr. Steven Yucht’s team at Emergency Physician Medical Centers located at:

9181 NW 39<sup>th</sup> Avenue (next to Sonny’s)  
Gainesville, Florida 32606  
352-727-7755  
emergencypmc.com

or

2445 SW 76<sup>th</sup> Street, Suite 110  
Gainesville, Florida 32608  
352-872-5111  
emergencypmc.com

If this is a severe or life threatening medical condition, please proceed to North Florida Regional Medical Center or call 911. (Dr. Akey is on staff at NFRMC)

Once again, we would like to thank you for choosing us as your Primary Healthcare Provider. We look forward to working with you.

Sincerely,

The Providers and Staff of North Florida Integrative Medicine



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Thank you for choosing **NORTH FLORIDA INTEGRATIVE MEDICINE** as your healthcare provider. We are **committed to fulfilling our responsibilities in your successful treatment. However, in order for our** relationship to be successful, it is important that you understand your responsibilities as a patient. They are as follows:

### ***Patient Responsibilities***

1. You need to keep your scheduled appointments, however if for some reason you cannot, it is your responsibility to give a minimum of twenty-four (24) hours' notice. Failure to do so will result in a \$75 No Show fee/Late Cancellation. Repeated failure to give appropriate notice could result in **NFIM** discharging you from our practice.
2. It is your responsibility to give true and complete information about your health status, medical history, medications, and any other matters about your health. If you do not understand your care plan, please let us know so that our staff can clarify any questions that you may have.
3. It is your responsibility to let us know about any changes in you your care, illness, caregivers and safety concerns.
4. It is your responsibility to provide our office with your up to date/current insurance information. It is your responsibility to pay patient co-pays, deductibles and other appropriate fees at the time of service. Failure to pay previous balances could result in being sent to a collection agency.
5. It is your responsibility to follow the treatment plan established by your practitioner and you. This means going to appointments for tests, attending recommended therapies and doing home activities that have been recommended to you. Be responsible for your actions if you refuse care or don't follow your practitioner's orders. Failure to comply with your treatment plan could result in your practitioner discharging you from our practice.
6. Prescription medicine might be part of your treatment. If so, it is your responsibility to follow instructions closely. No early refills on narcotics will be provided. Prescriptions can only be refilled during work days/hours - Monday through Thursday 7:00am-4:00pm.
7. Follow practice policies and procedures. Be thoughtful of the rights of other patients. Treat the doctor, practitioners and our staff with respect and consideration. I realize that bad language or behavior is not tolerated and may be grounds for discharge from our practice.

I pledge to fulfill my responsibilities as patient:

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

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

**PATIENT INFORMATION**



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PATIENT NAME \_\_\_\_\_  
LAST FIRST MIDDLE  
PREFERRED NAME: \_\_\_\_\_  
MALE \_\_\_ FEMALE \_\_\_ DATE OF BIRTH \_\_\_\_\_ SOCIAL SECURITY # \_\_\_\_\_  
SINGLE \_\_\_ MARRIED \_\_\_ DIVORCED \_\_\_ SEPARATED \_\_\_ WIDOWED \_\_\_ OTHER \_\_\_  
ADDRESS 1 \_\_\_\_\_  
ADDRESS 2 (LOT #, APT #) \_\_\_\_\_  
CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_  
HOME PHONE # \_\_\_\_\_ WORK PHONE # \_\_\_\_\_ CELL # \_\_\_\_\_  
E-MAIL ADDRESS \_\_\_\_\_ REFERRED BY \_\_\_\_\_  
EMPLOYER/SCHOOL \_\_\_\_\_ PHONE \_\_\_\_\_  
DRIVER'S LICENSE # \_\_\_\_\_ STATE \_\_\_\_\_  
IN CASE OF EMERGENCY, CONTACT: NAME \_\_\_\_\_  
RELATIONSHIP TO YOU \_\_\_\_\_ PHONE \_\_\_\_\_  
\*IS THIS AILMENT RELATED TO YOUR EMPLOYMENT? YES \_\_\_ NO \_\_\_  
ACCIDENT? AUTO \_\_\_ HOME \_\_\_ WORK \_\_\_ OTHER \_\_\_\_\_ NONE \_\_\_\_\_  
*\* Know that NFIM does not manage auto insurance or workman's compensation insurance*

## PRIMARY INSURANCE INFORMATION

INSURANCE \_\_\_\_\_  
INSURANCE ID/POLICY # \_\_\_\_\_ GROUP # \_\_\_\_\_  
INSURED PARTY'S NAME \_\_\_\_\_ DOB \_\_\_\_\_  
RELATIONSHIP TO PATIENT \_\_\_\_\_ PHONE # \_\_\_\_\_ SS# \_\_\_\_\_  
ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_  
INSURED PARTY'S EMPLOYER \_\_\_\_\_  
EMPLOYER'S ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

## SECONDARY INSURANCE INFORMATION

INSURANCE \_\_\_\_\_  
INSURANCE ID/POLICY # \_\_\_\_\_ GROUP # \_\_\_\_\_  
INSURED PARTY'S NAME \_\_\_\_\_ DOB \_\_\_\_\_  
RELATIONSHIP TO PATIENT \_\_\_\_\_ PHONE # \_\_\_\_\_ SS# \_\_\_\_\_  
ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_  
INSURED PARTY'S EMPLOYER \_\_\_\_\_  
EMPLOYER'S ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

Print Your Name \_\_\_\_\_

Today's Date \_\_\_\_\_



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Please prioritize your most important health concerns.

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

Please list your healthcare team.

Physician Name and Specialty

What are you being seen for?

- |          |       |
|----------|-------|
| 1. _____ | _____ |
| 2. _____ | _____ |
| 3. _____ | _____ |
| 4. _____ | _____ |

Do you have any allergies to medications, environment, food, etc.? \_\_\_\_ (YES) \_\_\_\_ (NO)

Please Explain:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## Medications and Supplements

Preferred Pharmacy Name \_\_\_\_\_

Location \_\_\_\_\_

Phone # \_\_\_\_\_

What medications are you taking now? (Include prescription and over-the-counter medications)

<u>Medication/Supplement</u>	<u>Reason</u>	<u>When Started</u>	<u>Dosage</u>	<u>How often taken</u>
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____

Do you use any of the following?

Amount per Day      Amount per Week      Never Used

Tobacco:      \_\_\_\_\_      \_\_\_\_\_      \_\_\_\_\_



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Alcohol: \_\_\_\_\_

Other \_\_\_\_\_

**Do you drink caffeine?** \_\_\_\_\_ (YES) \_\_\_\_\_ (NO) Amount per day? \_\_\_\_\_

**Do you exercise?** \_\_\_\_\_ (YES) \_\_\_\_\_ (NO) What type? \_\_\_\_\_

How Often? \_\_\_\_\_

**What does your diet consist of?**

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

## Vaccination History

Hepatitis A \_\_\_\_\_ (YES) \_\_\_\_\_ (NO)

Hepatitis B \_\_\_\_\_ (YES) \_\_\_\_\_ (NO)

Influenza (flu) \_\_\_\_\_ (Year most recent) \_\_\_\_\_ (NO)

Pneumonia \_\_\_\_\_ (Year most recent) \_\_\_\_\_ (NO)

Tetanus \_\_\_\_\_ (Year of last booster) \_\_\_\_\_ (NO)

Rubella \_\_\_\_\_ (Year) \_\_\_\_\_ (NO)

Gardasil \_\_\_\_\_ (1<sup>st</sup>) \_\_\_\_\_ (2<sup>nd</sup>) \_\_\_\_\_ (3<sup>rd</sup>) \_\_\_\_\_ (NO)

Shingles \_\_\_\_\_ (Year) \_\_\_\_\_ (NO)

Prevnar 13 \_\_\_\_\_ (Year)

Other \_\_\_\_\_

## Family Medical History

Please check all that apply with the following: (M)Mother (F)Father, (B)Brother, (S)Sister, (C)Child, (MG)Maternal Grandparent, (PG)Paternal Grandparent, (MA)Maternal Aunt, (PA)Paternal Aunt, (MU)Maternal Uncle, (PU)Paternal Uncle

Alcoholism or Substance Abuse \_\_\_\_\_ Allergies \_\_\_\_\_ Anxiety \_\_\_\_\_ Arthritis/Joint Disease \_\_\_\_\_

Blood Disorder/Anemia \_\_\_\_\_ Cancer or tumors (specify type) \_\_\_\_\_ Depression \_\_\_\_\_

Diabetes \_\_\_\_\_ Epilepsy/Seizures \_\_\_\_\_ Glaucoma \_\_\_\_\_ Headaches/Migraines \_\_\_\_\_

Heart Attack \_\_\_\_\_ Heart Disease \_\_\_\_\_ Heart Failure \_\_\_\_\_ High Blood Pressure \_\_\_\_\_

High Cholesterol \_\_\_\_\_ Kidney or Bladder Disorder \_\_\_\_\_ Liver Disease (Hepatitis etc.) \_\_\_\_\_

Lung Disease (asthma, COPD etc.) \_\_\_\_\_ Mental Illness \_\_\_\_\_ Multiple Sclerosis \_\_\_\_\_

Parkinson's \_\_\_\_\_ Stomach or Intestinal Ulcer (crohns, ulcerative colitis etc.) \_\_\_\_\_ Stroke \_\_\_\_\_

Suicide \_\_\_\_\_ Thyroid Disease \_\_\_\_\_

**Personal/Past Medical History** (please check all that apply)



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Alcoholism or Substance Abuse \_\_\_\_\_ Anemia \_\_\_\_\_ Arrhythmia \_\_\_\_\_ Arthritis/Joint Disease \_\_\_\_\_  
Blood Clots/Phlebitis \_\_\_\_\_ Breast Cancer \_\_\_\_\_ Chronic Sinusitis \_\_\_\_\_ Colon Cancer \_\_\_\_\_  
Depression \_\_\_\_\_ Diabetes \_\_\_\_\_ Dizziness/Fainting \_\_\_\_\_ Epilepsy/Seizures \_\_\_\_\_  
Environmental Allergies \_\_\_\_\_ Fatigue \_\_\_\_\_ Fibromyalgia \_\_\_\_\_ Food Allergies \_\_\_\_\_ Gout \_\_\_\_\_  
Hay Fever \_\_\_\_\_ Headaches/Migraines \_\_\_\_\_ Heart Attack \_\_\_\_\_ Heart Disease \_\_\_\_\_  
Heart Failure \_\_\_\_\_ High Blood Pressure \_\_\_\_\_ High Cholesterol \_\_\_\_\_ History of Infertility \_\_\_\_\_  
Irritable Bowel Syndrome \_\_\_\_\_ Kidney Infection \_\_\_\_\_ Kidney Stones \_\_\_\_\_ Liver Disease \_\_\_\_\_  
Lung Cancer \_\_\_\_\_ Lung Disease (COPD) \_\_\_\_\_ Lyme Disease \_\_\_\_\_ Menopausal Symptoms \_\_\_\_\_  
Menstrual Dysfunction \_\_\_\_\_ Mental Trouble \_\_\_\_\_ Multiple Sclerosis \_\_\_\_\_ Parkinson's \_\_\_\_\_  
Pregnancy- How Many? \_\_\_\_\_ Miscarriage(s) \_\_\_\_\_ Prostate Cancer \_\_\_\_\_ Rheumatic Fever \_\_\_\_\_  
Serious Injury or Accident \_\_\_\_\_ Sexual Dysfunction \_\_\_\_\_ Sexually Transmitted Disease \_\_\_\_\_  
Shortness of Breath \_\_\_\_\_ Stroke/TIA's \_\_\_\_\_ Thyroid Disease \_\_\_\_\_ Tuberculosis \_\_\_\_\_ Ulcer or  
Stomach Trouble \_\_\_\_\_ Urinary Difficulties \_\_\_\_\_

### Men (please check all that apply)

Prostate problems \_\_\_\_\_ Sexual impotence \_\_\_\_\_ Lack of libido (sexual desire) If so, for how long? \_\_\_\_\_  
Genital discharge \_\_\_\_\_ Testicular pain \_\_\_\_\_ Vasectomy \_\_\_\_\_ Hernia \_\_\_\_\_  
Testicular Cancer \_\_\_\_\_ Other \_\_\_\_\_

### Women (please check all that apply)

On birth control \_\_\_\_\_ Use to take birth control \_\_\_\_\_ On HRT/ bHRT \_\_\_\_\_  
Use to be on HRT/ BHRT \_\_\_\_\_ Low libido (sexual desire) \_\_\_\_\_ Pain with intercourse \_\_\_\_\_  
Menopause \_\_\_\_\_ Infertility \_\_\_\_\_ Pregnant now \_\_\_\_\_ Planning pregnancy \_\_\_\_\_  
Breast lump \_\_\_\_\_ Abnormal mammogram \_\_\_\_\_ PCOS \_\_\_\_\_ Abnormal Paps \_\_\_\_\_  
Endometriosis \_\_\_\_\_ PMS \_\_\_\_\_ Hysterectomy \_\_\_\_\_ Cesarean \_\_\_\_\_ How long is your average  
menstrual cycle? \_\_\_\_\_ Absent \_\_\_\_\_ Regular \_\_\_\_\_ Irregular \_\_\_\_\_ Last Menstrual Cycle \_\_\_\_\_  
Pain with menses \_\_\_\_\_ PMS \_\_\_\_\_ Bloating \_\_\_\_\_ Tender Breasts \_\_\_\_\_ Mood swings \_\_\_\_\_  
Headaches \_\_\_\_\_ Nausea \_\_\_\_\_

### Bowel movements



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Once daily \_\_\_\_\_ Twice daily \_\_\_\_\_ Three daily \_\_\_\_\_ >3 daily \_\_\_\_\_ Every other day \_\_\_\_\_  
1-2 times weekly \_\_\_\_\_ Other \_\_\_\_\_ Stools tend to be: Loose \_\_\_\_\_ Formed \_\_\_\_\_ Constipated \_\_\_\_\_  
Alternating \_\_\_\_\_ Blood in stool \_\_\_\_\_ Dis-colored stools \_\_\_\_\_

### If you have sleep issues, please check all that apply

Problems falling asleep \_\_\_\_\_ Frequent waking \_\_\_\_\_ Early waking \_\_\_\_\_ Wake unrefreshed \_\_\_\_\_  
Sleepy \_\_\_\_\_ Night sweats \_\_\_\_\_ Fevers \_\_\_\_\_ Use medication \_\_\_\_\_  
Use nutritional supplements \_\_\_\_\_

**Hospitalizations/Surgeries:** Please list any medical conditions, operations/surgical procedures, blood transfusions and major injuries with dates.

1. \_\_\_\_\_ Date: \_\_\_\_\_
2. \_\_\_\_\_ Date: \_\_\_\_\_
3. \_\_\_\_\_ Date: \_\_\_\_\_
4. \_\_\_\_\_ Date: \_\_\_\_\_
5. \_\_\_\_\_ Date: \_\_\_\_\_

### Review of Symptoms (check if you are currently experiencing any of these symptoms)

Fatigue \_\_\_\_\_ Change in Weight \_\_\_\_\_ Headaches \_\_\_\_\_ Change in Vision \_\_\_\_\_ Change in Hearing \_\_\_\_\_  
Ringing in Ears \_\_\_\_\_ Ear Wax Build up \_\_\_\_\_ Nasal Obstruction or Discharge \_\_\_\_\_ Hoarseness \_\_\_\_\_  
Tooth Pain \_\_\_\_\_ Mouth Sores or Lesions \_\_\_\_\_ Neck Stiffness or Pain \_\_\_\_\_ Breast Lumps \_\_\_\_\_  
Breast Tenderness or Swelling \_\_\_\_\_ Nipple Discharge \_\_\_\_\_ Chest Pains \_\_\_\_\_ Palpitations \_\_\_\_\_  
High Blood Pressure \_\_\_\_\_ Syncope (fainting) \_\_\_\_\_ Orthopnea (difficulty breathing while laying down) \_\_\_\_\_  
Edema (swelling) \_\_\_\_\_ Dyspnea (shortness of breath) \_\_\_\_\_ Wheezing or Coughing \_\_\_\_\_ Change in Appetite \_\_\_\_\_  
Dysphagia (difficulty swallowing) \_\_\_\_\_ Acid Reflux \_\_\_\_\_ Abdominal Pain \_\_\_\_\_ Diarrhea \_\_\_\_\_ Constipation \_\_\_\_\_  
Changes in Bowel Habits \_\_\_\_\_ Emesis (vomiting) \_\_\_\_\_ Melena (blood in stool) \_\_\_\_\_ Bleeding from Rectum \_\_\_\_\_  
Abdominal Bloating \_\_\_\_\_ Indigestion \_\_\_\_\_ Urination Urgency or Frequency \_\_\_\_\_ Nocturia (frequent urination at night) \_\_\_\_\_  
Dysuria (painful urination) \_\_\_\_\_ Incontinence \_\_\_\_\_

### Women Only (pre-menopausal)

Dysmenorrhea (painful periods) \_\_\_\_\_ Vaginal Discharge \_\_\_\_\_ Dyspareunia (pain during intercourse) \_\_\_\_\_  
Decreased Libido \_\_\_\_\_ Pelvic Pain \_\_\_\_\_ Menstrual Irregularity \_\_\_\_\_ Severe PMS \_\_\_\_\_



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## Women Only (post-menopause)

Vaginal Discharge\_\_\_\_\_ Dyspareunia (pain during Intercourse) \_\_\_\_\_ Pelvic Pain\_\_\_\_\_

## Men Only

Erectile Dysfunction\_\_\_\_\_ Slow Urinary Stream\_\_\_\_\_ Painful Urination\_\_\_\_\_

## Men and Women

Joint Pain\_\_\_\_\_ Muscle Pain\_\_\_\_\_ Joint Swelling\_\_\_\_\_ Numbness or Tingling\_\_\_\_\_

Recent Injuries\_\_\_\_\_ Hair Loss\_\_\_\_\_ Skin Rash\_\_\_\_\_ Changing Moles\_\_\_\_\_

Pruritus (itching)\_\_\_\_\_ Generalized Weakness\_\_\_\_\_ Focal Weakness\_\_\_\_\_ Memory Loss\_\_\_\_\_

Tremors\_\_\_\_\_ Balance Problems\_\_\_\_\_ Dizziness or Fainting\_\_\_\_\_ Anxiety\_\_\_\_\_

Depression\_\_\_\_\_ Insomnia\_\_\_\_\_

## Preventative and Diagnostic Testing (please check all that apply, give date performed and the name of the facility where performed)

Cardiac Testing (what type) \_\_\_\_\_ Date \_\_\_\_\_ Where \_\_\_\_\_

Chest X-ray \_\_\_\_\_ Date \_\_\_\_\_ Where \_\_\_\_\_

Colonoscopy \_\_\_\_\_ Date \_\_\_\_\_ Where \_\_\_\_\_

CT Scan \_\_\_\_\_ Date \_\_\_\_\_ Where \_\_\_\_\_

DEXA (bone density) \_\_\_\_\_ Date \_\_\_\_\_ Where \_\_\_\_\_

Endoscopy \_\_\_\_\_ Date \_\_\_\_\_ Where \_\_\_\_\_

Eye Exam \_\_\_\_\_ Date \_\_\_\_\_ Where \_\_\_\_\_

Hearing \_\_\_\_\_ Date \_\_\_\_\_ Where \_\_\_\_\_

Lab Testing \_\_\_\_\_ Date \_\_\_\_\_ Where \_\_\_\_\_

Male exam (Prostate) \_\_\_\_\_ Date \_\_\_\_\_ Where \_\_\_\_\_

Mammogram \_\_\_\_\_ Date \_\_\_\_\_ Where \_\_\_\_\_

Pap Smear \_\_\_\_\_ Date \_\_\_\_\_ Where \_\_\_\_\_

Pelvic Exam \_\_\_\_\_ Date \_\_\_\_\_ Where \_\_\_\_\_





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## Hormone Balance Inventory for Women

This inventory gives you and your health care provider a tool for assessing hormone imbalance. Circle the answer that best describes you.

<i>During the past 3 months, how often have you experienced:</i>					
	Always 5	Many times 4	Sometimes 3	A few times 2	Never 1
Difficulty concentrating and remembering?	5	4	3	2	1
Hot flashes and/or night sweats?	5	4	3	2	1
Lack of sexual desire?	5	4	3	2	1
Feeling anxious?	5	4	3	2	1
Mood swings?	5	4	3	2	1
Feeling depressed, sad or unhappy?	5	4	3	2	1
Difficulties with sleep?	5	4	3	2	1
Irritability or nervousness?	5	4	3	2	1
Heart palpitations?	5	4	3	2	1
Changes in the length of your menstrual cycle?	5	4	3	2	1
Changes in the amount of menstrual bleeding?	5	4	3	2	1
Breast tenderness?	5	4	3	2	1
Bloating or fluid retention?	5	4	3	2	1
Weight gain?	5	4	3	2	1
Vaginal dryness?	5	4	3	2	1

Now add up each answer. A high total score (45-75) indicates a strong likelihood of hormone imbalance. However, pay attention to where you may have scored high on one, two, or three questions. This may also indicate a hormone imbalance.

**A low total score with low scores** on all items indicates a strong likelihood that there is no hormone imbalance.

Total: \_\_\_\_\_



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### MEN ONLY

Do you have: \_\_\_\_\_ Prostate Problems \_\_\_\_\_ Testicular Cancer \_\_\_\_\_ Hernia \_\_\_\_\_ Treatment for genital problems \_\_\_\_\_ Vasectomy \_\_\_\_\_ Discharge from penis \_\_\_\_\_ Loss of sexual activity? If so, for how long?  
\_\_\_\_\_

## A.D.A.M

(Androgen Deficiency in the Aging Male)

### Screening Questionnaire

Check YES or NO for each of the following questions:		YES	NO
1.	Do you have a decrease in libido (sex drive)?		
2.	Do you have a lack of energy?		
3.	Do you have a decrease in strength and/or endurance?		
4.	Have you lost height?		
5.	Have you noticed a decrease in "enjoyment of life"?		
6.	Are you sad and/or grumpy?		
7.	Are your erections less strong?		
8.	Have you noticed a recent deterioration in your ability to play sports?		
9.	Are you falling asleep after dinner?		
10.	Has there been a recent deterioration in your work performance?		

#### A.D.A.M. Interpretations

Your ADAM screen is "positive" if you answered

- Yes to question #1 or #7 or
- Yes to any three questions

A positive ADAM screen requires a bioavailable testosterone test for confirmation



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### BOTH MEN AND WOMEN

### Hospital Anxiety and Depression Scale (HADS)

Patients are asked to circle one response from the four given for each interview. They should give an immediate response and be dissuaded from thinking too long about their answers. The questions relating to anxiety are marked "A," and to depression "D." The score for each answer is given in the right column. Instruct the patient to answer how it currently describes their feelings.

A	3	2	1	0
I feel tense or "wound up":	Most of the time	A lot of the time	From time to time, occasionally	Not at all
I can sit at ease and feel relaxed:	Not at all	Not often	Usually	Definitely
I get a sort of frightened feeling as if something awful is about to happen:	Very definitely and quite badly	Yes, but not too badly	A little, but it doesn't worry me	Not at all
I get a sort of frightened feeling like 'butterflies' in the stomach:	Very often	Quite often	Occasionally	Not at all
Worrying thoughts go through my mind:	A great deal of the time	A lot of the time	From time to time, but not too often	Only occasionally
I feel restless as if I have to be on the move:	Very much indeed	Quite a lot	Not very much	Not at all
I get sudden feelings of panic:	Very often indeed	Quite often	Not very often	Not at all
				<b>Total:</b>



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D	3	2	1	0
I feel cheerful:	Not at all	Not often	Sometimes	Definitely as much
I still enjoy the things I used to enjoy:	Hardly at all	Only a little	Not quite so much	Not at all
I feel as if I am slowed down:	Nearly all the time	Very often	Sometimes	As much as I always could
I can laugh and see the funny side of things	Not at all	Definitely not so much now	Not quite so much now	I take just as much care as ever
I have lost interest in my appearance:	Definitely	I don't take as much care as I should	I may not take quite as much care	As much as I ever did
I look forward with enjoyment to things:	Hardly at all	Definitely less than I used to	Rather less than I used to	Often
I can enjoy a good book or radio or TV program:	Very Seldom	Not often	Sometimes	Often
				Total:

### Scoring:

- Add the A's = Anxiety
- Add the D's = Depression
- The norms below will give you an idea of the level of Anxiety and Depression
  - 0-7 = Normal
  - 8-10 = Borderline abnormal
  - 11 – 21 = Abnormal

### Reference:

*Zigmond and Snaith (1983)*



## North Florida Integrative Medicine

Angeli Maun Akey, M.D., FACP · Dawn Brown, PA-C · Shawna Doran, ARNP-BC  
6228 NW 43<sup>rd</sup> Street  
Building 5, Suite B  
Gainesville, Florida 32653-8871  
Telephone 352-332-3380 · Fax 352-332-6604

Board-Certified in Anti-Aging and Regenerative Medicine  
Board-Certified in Integrative and Holistic Medicine

### CONSENT FOR PURPOSES OF: TREATMENT, PAYMENT, AND HEALTHCARE OPERATIONS.

I consent to the use or disclosure of my protected health information by **North Florida Integrative Medicine (NFIM)**, for the purpose of diagnosing or providing treatment to me, obtaining payment for my health care bills or to conduct health care operations by **NFIM**. I therefore authorize, by my signature on this document, **NFIM** to evaluate and treat my condition. I understand that diagnosis or treatment of me by **NFIM** and/or its employees may be conditioned upon my consent. I understand that Dr. Angeli Akey is a Primary Investigator for Clinical Studies in conjunction with Sarkis Clinical Trials. I understand that my health information may be given to Sarkis Clinical Trials if Dr. Angeli Akey and/or the practitioners of **NFIM** feel that the study will benefit my health. I understand that prior to my health information being released to Sarkis Clinical Trials this will be discussed with me by Dr. Angeli Akey or the staff of **NFIM**.

I understand that **NFIM** is a multidisciplinary practice and I give my health care practitioner permission to share my clinical case in weekly case conference should he/she believe it would help my care.

I give **NFIM** (Dr. Akey and/or staff) my authorization to photocopy all portions of my medical records and provide copies of those medical records to any individual or company which requests those records if the requesting party provides this office with either: a subpoena which requires that production, a court order which requires that production, or a release or authorization which appears to be signed by the patient or the patient's court appointed representative.

I understand that I have the right to request a restriction as to how my protected health information is used or disclosed to carry out treatment, payment or healthcare operations of the practice. **NFIM** is not required to agree to the restrictions that I request. However, if **NFIM** agrees to a restriction that I request, the restriction is binding on **NFIM** and any employee of that entity.

My "protected health information" means health information, including any demographic information, collected from me and created or received by my physician, another health care provider, a health plan, my employer or a health care clearinghouse. This protected health information relates to my past, present or future physical, and mental health condition and identifies me, or there is reasonable basis to believe the information may identify me.

Recipients have the right to receive security breach notification; Health plans may not use genetic information for underwriting purposes; Covered entities must obtain patient authorization before using PHI for marketing purposes and before selling PHI.

I have the right to revoke this consent, in writing, at any time, except to the extent that **NFIM** has taken action in reliance to this consent.

I understand that I have the right to review **NFIM's** notice of privacy practices prior to signing this document. The notice of privacy practices has been provided to me. The notice of privacy practices is also posted in the waiting area.

**NFIM** reserves the right to change the privacy practices that are described in the notice of privacy practices. I may obtain a revised notice by called the office manager and requesting a revised copy.

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Signature of Patient or Personal Representative

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Date

---

Name of Patient or Personal Representative

---

Description of Personal Reps. Authority



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**Board-Certified in Internal Medicine**  
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## HIPPA AUTHORIZATION STATEMENT OF INTENT

It is my understanding that Congress passed a law entitled the Health Insurance Portability and Accountability Act (“HIPPA”) that limits disclosure of my protected medical information. This authorization is being signed because it is crucial that my medical providers readily give my protected medical information to the persons designated in this authorization in order to allow me the advantage of being able to discuss and obtain advice from my family and/or friends.

Therefore, pursuant to 45 CFR 164.50 (a)(1)(iv)a covered entity (being a health care provider as defined by HIPPA is permitted to disclose protected health information pursuant to and in compliance with this valid authorization under 45 CFR Sec. 164.508.

### AUTHORIZATION

I, \_\_\_\_\_, an individual, hereby authorize all covered entities as defined in HIPPA, including but not limited to a doctor, (including but not limited to a physician, podiatrist, chiropractor, or osteopath, psychiatrist, psychologist, dentist, therapist, nurse, hospitals, clinics, pharmacy, laboratory, ambulance service, assisted living facility, residential care facility, bed and board facility, nursing home, medical insurance company or any other health care provider or affiliate, to disclose the following information:

*All health care information, reports and/or records concerning my medical history, condition, diagnosis, testing, prognosis, treatment, billing information and identity of health care providers, whether past, present or future and any other information which is in any way related to my healthcare. Additionally, this disclosure shall include the ability to ask questions and discuss this protected medical information with the person or entity who has possession of the protected medical information even if I am fully competent to ask questions and discuss this matter at the time. It is my intention to give a full authorization of ANY protected medical information to the persons named in this authorization.*

I authorize the following person(s) full authorization and ANY protected medical information:

**Name:** \_\_\_\_\_  
**Relationship:** \_\_\_\_\_  
**Address:** \_\_\_\_\_

**Name:** \_\_\_\_\_  
**Relationship:** \_\_\_\_\_  
**Address:** \_\_\_\_\_

**Telephone:** \_\_\_\_\_

**Name:** \_\_\_\_\_  
**Relationship:** \_\_\_\_\_  
**Address:** \_\_\_\_\_

**Telephone:** \_\_\_\_\_

\*You may leave a message on my answering machine and/or cell phone. \_\_\_\_\_ (Yes) \_\_\_\_\_ (No)

\*I would like to be added to Dr. Akey’s Health News Letter via email. \_\_\_\_\_ (Yes) \_\_\_\_\_ (No)



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### TERMINATION

This authorization shall terminate on the first to occur of: (1) two years following my death or (2) upon my written revocation actually received by the covered entity. Proof of receipt of my written revocation may be by certified mail, registered mail, facsimile, or any other receipt evidencing actual receipt by the covered entity. This revocation shall be effective upon the actual receipt of the notice by the covered entity except to the extent that the covered entity has taken action in reliance on it. This authorization is not affected by my subsequent disability or incapacity.

### RE-DISCLOSURE

By signing this Authorization, I acknowledge that the information used or disclosed pursuant to this authorization may be subject to re-disclosure by the person or persons whose name(s) is/are written above, and the information once disclosed will no longer be protected by the rules created in HIPPA. No covered entity shall require my authorized persons to indemnify the covered entity or agree to perform any act in order for the covered entity to comply with this authorization.

### INSTRUCTIONS TO MY AUTHORIZED PERSONS

My authorized persons shall have the right to bring legal action in any applicable form against any covered entity that refuses to recognize and accept this authorization for the purposes I have expressed. Additionally, my authorized persons are authorized to sign any documents that the authorized persons deem appropriate to obtain the protected medical information.

### VALID DOCUMENT

A copy or facsimile of this original authorization shall be accepted as though it were an original document.

### WAIVER AND RELEASE

I hereby release any covered entity that acts in reliance on this authorization from any liability that may accrue from releasing my protected medical information and for any actions taken by my authorized persons.

Signed on the \_\_\_\_\_ day of \_\_\_\_\_ 20\_\_\_\_

Signature: \_\_\_\_\_

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

### Witness:

Signature: \_\_\_\_\_

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



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### LIFETIME AUTHORIZATION

#### INSURANCE ASSIGNMENTS AND AUTHORIZATIONS TO RELEASE INFORMATION FORM

- I. **RELEASE OF INFORMATION** – I, the below named patient, do hereby authorize any physician examining and/or treating me to release to any third payor (such as an insurance company or governmental agency, example: Blue Shield of Florida or Medicare) any medical, psychiatric condition, alcohol or drug related condition and records concerning diagnosis and treatment when requested by such third party for its use in connection with determining a claim for payment for such treatment and/or diagnosis.
- II. **PHYSICIAN INSURANCE ASSIGNMENT** – I, the below named subscriber, hereby authorize payment directly to any physician examining or treating me of any group and/or individual surgical and/or medical benefits herein specified and otherwise payable to me for their services as described but not to exceed the reasonable and customary charge for these services.
- III. **MEDICARE/MEDICAID** – Patient’s certification authorization to release information and payment request. I certify that the information given by me in applying for payment under Title XVIII/XIX of the Social Security Act is correct. I authorize any holder of medical or other information about me to release to Social Security Administration Division of Family Services or its intermediaries or carriers any information needed for this of a related Medicare/Medicaid claim. I hereby certify all insurance pertaining to treatment shall be assigned to the physician treating me.
- IV. **I PERMIT A COPY OF THESE AUTHORIZATION AND ASSIGNMENTS TO BE USED IN PLACE OF THE ORIGINAL WHICH IS ON FILE AT THE PHYSICIAN’S OFFICE.** This assignment will remain in effect until revoked by me in writing.

Please remember that insurance is considered a method of reimbursing the patient for fees paid to the doctor and is not a substitute for payment. Some companies pay fixed allowances for certain procedures, and others pay a percentage of the charge. I understand it’s my responsibility to pay any deductible amount, co-insurance, or any other balance not paid for by my insurance or third party payor within a reasonable period of time not to exceed 60 days.

If this account is assigned to an attorney for collection and/or suit, the prevailing party shall be entitled to reasonable attorney’s fees and costs of collection.

DATE \_\_\_\_\_

PATIENT \_\_\_\_\_  
Signature

SUBSCRIBER (if different from patient) \_\_\_\_\_  
Signature

ORIGINAL SIGNATURE ON FILE AT PHYSICIAN’S OFFICE





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### MEDIGAP (SECONDARY INSURANCE) SIGNATURE

\_\_\_\_\_  
NAME OF BENEFICIARY

\_\_\_\_\_  
HEALTH INSURANCE COMPAY

\_\_\_\_\_  
MEDIGAP POLICY NUMBER

I request that payment of authorized MEDIGAP benefits be made on my behalf to \_\_\_\_\_ or any services furnished me by (physician/supplier). I authorize any holder of medical information about me to release to (name of Insurance Company) \_\_\_\_\_ any information needed to determine these benefits or the benefits for related services.



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Dear Patient:

The law of Florida recognizes the right of a competent adult to make an Advance Directive regarding instructions for his or her medical care. An adult can instruct his or her physician to provide, withhold, or withdraw life-prolonging procedures (using a Living Will), or to designate another person to make those decisions for him or her if they are unable to (using a Designation of Health Care Surrogate form) should the adult be suffering from a terminal condition.

There is no requirement that our patients have an Advance Directive. The decision to have an advance directive is a personal one, and one that should be made after discussing this matter with one's family, friends, attorney, and/or spiritual advisor.

However, whether you do, or do not have an Advance Directive, we would like to document that fact in your medical record. If you do have an Advance Directive, we would like to keep a copy in your medical record.

Please contact your legal advisor or the Florida Bar Association at [www.floridabar.org](http://www.floridabar.org) if you need any further information. On the website [www.floridabar.org](http://www.floridabar.org) are free Advanced Care planning forms.

Sincerely,

North Florida Integrative Medicine

I have a Living Will \_\_\_\_\_ (Yes) \_\_\_\_\_ (No)

I have an Advanced Directive \_\_\_\_\_ (Yes) \_\_\_\_\_ (No)

I have a Designation of Health Care Surrogate \_\_\_\_\_ (Yes) \_\_\_\_\_ (No)