Welcome!

We are honored to have the opportunity to work with you. This packet contains information and forms that we will need to have on file for the first meeting.

Please review and complete the following documents:

1. Disclosure Statements — to be reviewed, signed, and returned to counselor.

2. Client Information Form — to be completed and returned to counselor.

3. HIPAA Notice of Privacy Rights - keep for your records.

4. Referral Sources – for you to review.

TOTAL HEALTH GUIDANCE
www.TotalHealthGuidance.com

REGIONS BANK BUILDING
5401 S. KIRKMAN RD., #760
ORLANDO, FL 32819

(321)-332-6984
Thank you for deciding to seek out treatment at Total Health Guidance. We have listed below our various policies for your information. Please read through these, ask any questions, and sign at the bottom. You may call (321) 332-6984 regarding any questions you may have. All of the therapists at THG are licensed through the State of Florida and/or the Florida Association of Christian Counselors & Therapists. Total Health Guidance is not a 24 hour treatment center. In an emergency, please call 911.

We have been trained in a variety of massage techniques. We will work with you to verify which techniques might be most effective for your particular needs. You may, at any time, seek a second opinion from another therapist and/or you may terminate our services at any time without penalty.

SESSIONS
Sessions are typically scheduled for 50 minutes at a frequency to be determined by the counselor and client.

PAYMENT POLICY
We see clients on a fee-for-service basis only. The client/parent is responsible for payment in full at the time of each session. Our policy is for each person receiving massage, counseling, testing, or coaching services to pay for such service at the time they are rendered. Any other arrangements must be made in advance. A $25 administrative fee will be charged on all checks that are returned for non-sufficient funds. Payments can be made by cash, check or credit card.

INSURANCE
If you desire to use in-network benefits, confirmation of coverage must be completed prior to your appointment. We are not in-network with many insurance carriers. Until coverage is confirmed, you will be required to pay in-full for all appointments. If you desire to use out-of-network benefits, please direct questions about reimbursement amounts and timeliness to your insurance company. We can provide you with a receipt for the service that may be used to submit for reimbursements if you choose. We do not complete any insurance paperwork for out-of-network benefits. If you elect to use your health insurance plan to assist in the payment of treatment then you understand that your insurance carrier and the National Information Center will have access to your diagnosis code and other pertinent data needed for processing. We are not currently listed with any insurance carriers as a provider for massage therapy.

CANCELLATIONS
We understand that it may, at times, be necessary to cancel an appointment. We require that changes / cancellations be made 24 hours in advance. Any changes, cancellations, or missed appointments within the 24 hour period will result in a $40 cancellation charge.

CONFIDENTIALITY
The confidentiality of the services provided by us is protected by law. Unless you grant us permission to do so in writing, we will neither inform anyone that you are a client, nor will we disclose the content of any session. The only circumstances under such professional confidentiality may be broken is if one or more of the following conditions apply:

FINANCIAL AGREEMENT AND AUTHORIZATION FOR TREATMENT
I have read the preceding information and agree to it. I authorize treatment of the person named below and agree to pay all fees. I have received a copy of our HIPAA Notice of Privacy Rights.

_________________________________________  ____________________________
Signature of Client or Legal Guardian          Date

_________________________________________  ____________________________
Signature of Counselor                        Date
Welcome! I would like to make your session as pleasant and as comfortable as possible. If at any time during the treatment you have questions, please let me know.

**Personal Information:**

| Last Name: __________________________ | First: ________________ | Middle Initial: ___ |
| Address: __________________________________________ |
| City: ____________________ | State: ___________ | Zip: ____________ |
| E-Mail Address: ______________________________________ |

Occupation: __________________________ Highest Level of Education: __________________________

Cell Phone: ___________ Work Phone: ___________ Home Phone: ___________

Is it okay to leave a message? Cell: Y / N Work: Y/N Home: Y/N

Date of Birth: ___________ Age: ___________ Sex: Male _____ Female _____

Referred by: ______________________________________

**In case of emergency please notify:**

Name: __________________________ Phone#: ___________ Relationship: ________

**On a scale of 1 – 10 with 10 being great, how would you rate your current health in each of these areas?**

- Financially ___
- Spiritually ___
- Nutritionally ___
- Emotionally ___
- Relationally ___
- Physically ___

Please check any condition listed below that applies to you:

- ( ) phlebitis
- ( ) deep vein thrombosis/blood clots
- ( ) osteoporosis
- ( ) epilepsy
- ( ) headaches/migraines
- ( ) cancer
- ( ) diabetes
- ( ) decreased sensation
- ( ) back/neck problems
- ( ) fibromyalgia
- ( ) TMJ
- ( ) carpal tunnel syndrome
- ( ) tennis elbow
- ( ) pregnant; If yes, how many months? _______
- ( ) contagious skin condition
- ( ) open sores or wounds
- ( ) easy bruising
- ( ) recent accident or injury
- ( ) recent fracture
- ( ) recent surgery
- ( ) artificial joint
- ( ) sprains/strains
- ( ) current fever
- ( ) swollen glands
- ( ) allergies/sensitivity
- ( ) heart condition
- ( ) high or low blood pressure
- ( ) circulatory disorder
- ( ) varicose veins
- ( ) atherosclerosis
- ( ) joint disorders / tendonitis
- ( ) rheumatoid arthritis/osteoarthritis
Please explain any condition that you have marked:

______________________________________________________________

_____________________________________________________________________

What other therapies are you currently receiving?

___ Physical Therapy    ___ Chiropractic Adjustment    ___ Acupuncture Treatments
___ Other: Describe ____________________________________________

Please list any surgeries, fractures, bones breaks, sprains or unusual unexplained pain:

<table>
<thead>
<tr>
<th>Issue</th>
<th>Date(s)</th>
<th>Treatment / Outcome</th>
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<tbody>
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What is your current level of pain or discomfort? (5 being the worst.)

1  2  3  4  5

Symptom(s) Location
Place an X in the areas where you are experiencing pain or stress accumulation.

Please read the following information and sign below:

I understand that although massage therapy can be very therapeutic, relaxing and reduce muscular tension, it is not a substitute for medical examination, diagnosis or treatment. Being that massage should not be done under certain medical conditions, I affirm that I have answered all questions pertaining to medical conditions truthfully.

Signature: ___________________________________________ Date: ________________

Total Heath Guidance / 5401 S. Kirkman Rd. #760, Orlando FL, 32819 / 321-332-6984
Notice of Privacy Practices

Please keep for your records

This Notice describes the confidentiality of your medical information, and the limited ways that medical information about you may be used and disclosed and how you can get access to this information. Please review it carefully.

We care about our patients’ privacy and strive to protect the confidentiality of your medical information. Federal legislation requires that we issue this official notice of our privacy practices. You have the right to confidentiality of your medical information, and we are required by law to maintain the privacy of that protected information. We are required to abide by the terms of this Notice of Privacy Practices, and to provide you with notice of our legal duties and privacy practices with respect to protected health information you provide to us. If you have any questions about this Notice, please contact the privacy officer, John Stiteler, at this office.

Who Will Follow This Notice

Your counselor and all business associates working with Total Health Guidance (THG), who share your personal health information, such as insurance or managed care companies, must follow these same privacy practices. When personal health information is shared, only the minimum necessary information needed to accomplish this task will be disclosed.

Uses and Disclosures of Protected Health Information Requiring Your Written Authorization

In most cases, THG may not use or disclose information in your health records that could identify you (Protected Health Information) without your written authorization except for the reasons described below. If you give us authorization to use or disclose medical information about you, you may revoke that authorization, in writing, at any time. If you revoke your authorization, we will thereafter no longer use or disclose medical information about you for the reasons covered by your written authorization. You understand that we are unable to take back any disclosures we have already made with your authorization, and that we are required to retain our records of the care we have provided you.

How We May Use and Disclose Medical Information Without Your Authorization

There are limited circumstances where an authorization is not needed for disclosure of personal information. Most, but not every possible use or disclosure category are listed below. This Notice applies primarily to information contained in your medical and billing records. More detailed and personal information contained in provider’s "psychotherapy notes" are kept separately, and are given an even greater degree of privacy and protection than the personal health information contained in your medical and billing records. As such, these would require written authorization even for the standard disclosure exceptions listed below.

For Payment. We may use and disclose medical information about you without specific authorization so that the treatment and services you receive from us may be billed and payment may be collected from you, an insurance company or a third party. Example: We may release your protected health information, such as your name, address, office visit date, and codes identifying your diagnosis and treatment to your insurance company for payment. In most cases, insurance companies may review your medical record to verify services were rendered and were medically necessary in accordance with your contract.
Other Uses or Disclosures That Can Be Made Without Consent or Authorization. We may, at our discretion, contact you to provide appointment reminders or information about treatment alternatives or other health-related benefits and services that may be of interest to you without your specific release.

- To avert a serious threat to health or safety
- Child abuse or neglect
- Abuse of elderly or incapacitated adults
- Court ordered evaluations or information
- Health oversight activities, such as for federal enforcement of these privacy practices

Your Rights Regarding Complaints Concerning Use or Disclosure of Your Health Information. If you believe your privacy rights have been violated, you may file a complaint with THG’s Privacy Officer or with the Secretary of the Department of Health and Human Services, whose address will be provided to you by the Privacy Officer, at your request. All complaints must be submitted in writing.

Right to Request Restrictions. You have the right to request restrictions on certain uses and disclosures of protected health information about you. However, THG is not required to automatically agree to a restriction you request if the provider is otherwise obligated to release that information. Your request must be in writing and specifically state what information you wish to limit.

Right to Receive Confidential Communications by Alternative Means and at Alternative Locations. You have the right to request and receive confidential communications of private health information by alternative means and at alternative locations. (For example, you may not want a family member to know that you are seeing a provider at this practice. Upon your request, this practice will send your bills to another address, or arrange to call you only at work instead of home.)

Right to Inspect and Copy. You have the right to inspect or obtain a copy (or both) of private health information in this practice’s mental health and billing records used to make decisions about you for as long as the information is maintained in the records. On your request, your provider or the privacy officer will discuss with you the details of the request process.

Right to Amend. You have the right to request an amendment of private health information as it is maintained in the record. Your provider may deny your request if, in his or her opinion, it would compromise the accuracy of your medical information.

Right to an Accounting. You generally have the right to receive an accounting of any disclosures of medical information. On your request, your provider or the privacy officer will discuss with you the details of the accounting process.

Right to a Paper Copy. You have the right to obtain a paper copy of this notice from your provider or the practice upon request, even if you have agreed to receive the notice electronically.

Changes To This Notice. We reserve the right to change this Notice. We reserve the right to make the revised or changed Notice effective for medical information we already have about you as well as any information we receive in the future.
REFERRAL SOURCES

Our counselor will review this page with you and answer any questions you may have.

We network with a group of trusted professionals on a weekly basis. If you are looking for someone to help you with any of the following services, please place an X next to that category and we will provide you with their business card or contact information.

Your Name: __________________________ Date: ________ Okay to share: E-mail: Y / N - Phone: Y / N

<table>
<thead>
<tr>
<th>Service Type</th>
<th>Offered here at Total Health Guidance</th>
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<tbody>
<tr>
<td>A/C &amp; Heating (sales &amp; service)</td>
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<tr>
<td>Acupuncture</td>
<td>(Offered here at Total Health Guidance)</td>
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<tr>
<td>Attorney - Business Law</td>
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<td>Attorney - Criminal Defense Traffic Tickets</td>
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<td>Attorney - Family (Divorce, Custody, Child-support, etc.)</td>
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<td>Attorney - Personal Injury</td>
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<td>Banker (personal or business)</td>
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<td>Business Consulting</td>
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<td>Business Marketing</td>
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<td>Caterer</td>
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<td>Chiropractor</td>
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<td>Counselor/Life Coach (Individual, Marriage &amp; Family, Career)</td>
<td>(Offered here at Total Health Guidance)</td>
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<tr>
<td>CPA (Audit representation, Tax returns, Business Start-ups)</td>
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<tr>
<td>Digital Marketing (SEO, Website Design, Video, Social Media)</td>
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<td>Financial Planner (Investments, IRA, 401k, etc.)</td>
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<td>Handyman/ Lawn Maintenance</td>
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<td>Health Insurance (Individual &amp; Group benefits)</td>
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<td>Home Care Assistance</td>
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<td>Home Organizing</td>
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<td>Insurance (Auto, Home, Business)</td>
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<td>Interior Design</td>
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<td>Legal Shield/ Identity Theft</td>
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<tr>
<td>Life Insurance</td>
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<tr>
<td>Massage Therapy</td>
<td>(Offered here at Total Health Guidance)</td>
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<tr>
<td>Merchant Services</td>
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<tr>
<td>Mover – Residential or Commercial</td>
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<tr>
<td>Nutritional Counselor</td>
<td>(Offered here at Total Health Guidance)</td>
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<tr>
<td>Office Supplies</td>
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<td>Payroll Services</td>
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<td>Printing/ Promotional Products</td>
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<td>Private Investigator</td>
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<td>Residential Cleaning Service</td>
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<tr>
<td>Residential Mortgage (purchase, re-fi, construction, reverse)</td>
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<tr>
<td>Residential or Commercial Real Estate (Buying or selling)</td>
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<tr>
<td>Travel Agent</td>
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<tr>
<td>Wedding Minister</td>
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