

**PATIENT INFORMATION – Please Print**

Patient Name \_\_\_\_\_  
Last First Middle

Gender:  M  F Date of Birth \_\_\_\_\_ Social Security # \_\_\_\_\_

Address \_\_\_\_\_ Apt. \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Home Phone \_\_\_\_\_ Mobile \_\_\_\_\_

Misc Phone 1 \_\_\_\_\_ Misc Phone 2 \_\_\_\_\_

Preferred Contact Method: (circle one) Home Mobile Misc Phone 1 Misc Phone 2 Work Email

Employer \_\_\_\_\_ Work Phone \_\_\_\_\_

Please check one:  Married  Single  Partner  Divorced  Widowed

Race:  White  African American  Asian  Native Hawaiian/Other Pacific Islander  
 Native American Indian/ Alaskan  Other Race \_\_\_\_\_

Ethnicity (Origin):  Not Hispanic or Latino  Hispanic or Latino Preferred (Primary) Language: \_\_\_\_\_

Primary Physician \_\_\_\_\_

Preferred Pharmacy \_\_\_\_\_ Street \_\_\_\_\_

Appointment Reminder: Please select how you would like to be notified of your appointment. You may select more than one option.  Email  Text  Phone call Message and data rates may apply for text messages. To change your preferences at anytime, you may fill out an Appointment Reminder form at the receptionist desk. You may also customize appointment reminders through your myMANA account.

Would you like to have access to your health records and communicate with your physician office online through a secure myMANA account?  Yes  No

**EMAIL AUTHORIZATION**

Email Address \_\_\_\_\_  
By providing my email address above, I hereby agree to allow MANA to contact me by email with e-newsletters, wellness reminders, health news and updates regarding health-related services provided by MANA. I understand that MANA will not share the information provided above with outside companies.

**SPOUSE or PARENT (if minor) INFORMATION**

Name \_\_\_\_\_ Date of Birth \_\_\_\_\_ Social Security \_\_\_\_\_

Employer \_\_\_\_\_ Address \_\_\_\_\_ Phone \_\_\_\_\_

**EMERGENCY CONTACT INFORMATION**

*Relative or Friend not in the home*

Emergency Contact \_\_\_\_\_ Relationship \_\_\_\_\_

Phone \_\_\_\_\_ Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

**PATIENT NOTICE OF PRIVACY PRACTICES ACKNOWLEDGEMENT**

I have received a copy of the Patient Notice of Privacy Practices from Medical Associates of Northwest Arkansas.

**SIGNATURE** \_\_\_\_\_ **DATE** \_\_\_\_\_

In the event this Acknowledgement form is being executed by a personal representative, guardian or parent, please print your name, date of birth, social security number and relationship to the patient here:

*If you would like to authorize MANA clinic to release information to a **family member, spouse, or personal representative**, please complete an **Individual Authorization Form** provided by the receptionist.*

**➔➔ Please complete the back page➔➔**

Patient Name \_\_\_\_\_ D.O.B. \_\_\_\_\_

**PERSON RESPONSIBLE FOR PAYMENT**

My self/ My spouse (skip to the next section) OR: (List Father, Mother, Guardian or other)

Responsible Party \_\_\_\_\_ DOB \_\_\_\_\_

Relationship to Patient \_\_\_\_\_ SS# \_\_\_\_\_

Phone \_\_\_\_\_ Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

**HEALTH INSURANCE INFORMATION**

*Please provide a copy of your insurance card to the receptionist.*

MEDICARE  Medicare No. \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ Effective Date \_\_\_\_\_

I request that payment of authorized Medicare benefits be made either to me or on my behalf to Medical Associates of Northwest Arkansas for any services furnished to me by the provider. I authorize any holder of medical information about me to release to the Center for Medicare and Medicaid and its agents any information needed to determine these benefits payable for related services.

**PRIMARY INSURANCE** \_\_\_\_\_

ID# \_\_\_\_\_ GP# \_\_\_\_\_ Phone# \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Policy Holder's Name \_\_\_\_\_ DOB \_\_\_\_\_ SS# \_\_\_\_\_

Relationship to Policy Holder:  Self  Spouse  Child  Step-Child  Other

**SECONDARY INSURANCE** \_\_\_\_\_

ID# \_\_\_\_\_ GP# \_\_\_\_\_ Phone# \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Policy Holder's Name \_\_\_\_\_ DOB \_\_\_\_\_ SS# \_\_\_\_\_

Relationship to Policy Holder:  Self  Spouse  Child  Step-Child  Other

**INSURANCE AUTHORIZATION & FINANCIAL AGREEMENT**

I hereby authorize Medical Associates of Northwest Arkansas (MANA) to give my insurance company or companies all information they may require concerning my case, and I hereby assign to the physician(s) all payments for medical services rendered.

I understand that I am responsible for any amount not covered by insurance. I agree to pay any co-pay and amount due at the time of service.

Signed \_\_\_\_\_ Date \_\_\_\_\_

**HOW DID YOU HEAR ABOUT US?**

- |                                                                       |                                                                                |
|-----------------------------------------------------------------------|--------------------------------------------------------------------------------|
| 01 <input type="checkbox"/> Recommended by a friend or family member. | 08 <input type="checkbox"/> Citiscapes Magazine                                |
| 02 <input type="checkbox"/> Clinic web site, www.mana.md              | 09 <input type="checkbox"/> Newspaper                                          |
| 03 <input type="checkbox"/> Other web site _____                      | 10 <input type="checkbox"/> Yellow Pages / phone directory                     |
| 04 <input type="checkbox"/> E-mail, Facebook or Twitter               | 11 <input type="checkbox"/> Received a postcard in the mail.                   |
| 05 <input type="checkbox"/> Signs or location                         | 12 <input type="checkbox"/> Referred by Doctor _____                           |
| 06 <input type="checkbox"/> Kids Directory Magazine                   | 13 <input type="checkbox"/> Found the doctor listed in my Insurance directory. |
| 07 <input type="checkbox"/> My employer                               | 14 <input type="checkbox"/> Other <i>Please specify</i> _____                  |

***Thank you for choosing a MANA Clinic.***

# Sleep History Questionnaire

Name: \_\_\_\_\_ DOB: \_\_\_\_\_ Phone: \_\_\_\_\_

Date of Consultation: \_\_\_\_\_ Consultation is requested by: \_\_\_\_\_

Primary care provider: \_\_\_\_\_ Preferred pharmacy: \_\_\_\_\_

Chief complaint: \_\_\_\_\_

Please tell us why you are here: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

How long has this been happening? \_\_\_\_\_

Have you been seen by a sleep specialist before? If so when, where and by whom?

\_\_\_\_\_

## SLEEP-WAKE SCHEDULE:

What is your *preferred* bedtime and wake time? \_\_\_\_\_

On weekdays what time do you go to sleep? \_\_\_\_\_

On weekdays what time do you awaken? \_\_\_\_\_

Do you use an alarm? \_\_\_\_\_

How quickly do you fall asleep? \_\_\_\_\_

Do you have difficulty falling asleep? \_\_\_\_\_

How many times do you awaken during the night? \_\_\_\_\_ What awakens you? \_\_\_\_\_

How long does it take before falling back to sleep? \_\_\_\_\_

On weekends what time do you go to sleep? \_\_\_\_\_

On weekends what time do you awaken? \_\_\_\_\_

How quickly do you fall asleep on weekends? \_\_\_\_\_

Do you have difficulty falling asleep on weekends? \_\_\_\_\_

Do you have a shift work job? \_\_\_\_\_

Do you take naps? \_\_\_\_\_ How long and how often? \_\_\_\_\_

Are the naps refreshing or unrefreshing? \_\_\_\_\_

**SLEEP COMPLAINTS: Please circle any that apply**

- |                               |                     |                     |                     |
|-------------------------------|---------------------|---------------------|---------------------|
| Snoring                       | Shortness of breath | Stopping breathing  | Morning headaches   |
| Confusion                     | Leg jerking         | Sleep walking       | Rocking             |
| Night eating                  | Dream enactment     | Injury              | Safety concerns     |
| Sudden urges of sleep attacks |                     | Drop attacks        | Wake and can't move |
| Restlessness                  | Night terrors       | Aspiration          | Sweats              |
| Nightmares                    | Teeth grinding      | Bed wetting         | Anxiety             |
| Pain                          | Discomfort          | Reflux              | Heart pounding      |
| Frequent urination            |                     | Ruminating thoughts |                     |
- Hallucinations upon entering sleep or waking from sleep
- Other \_\_\_\_\_

When you try to relax in the evening or sleep at night, do you ever have unpleasant, restless feelings in your legs that can be relieved by walking or movement? \_\_\_\_\_

**PAST MEDICAL HISTORY:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Medication Allergies:** \_\_\_\_\_

**Current medications and doses:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Do you use oxygen at night? Yes or No. If so, what liter flow?** \_\_\_\_\_

**PAST SURGICAL HISTORY:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**PSYCHIATRIC HISTORY:** \_\_\_\_\_

**SOCIAL HISTORY:** Which (if any) and how much of the following do you use currently?

Tobacco (now and previously): \_\_\_\_\_

Caffeine consumption (coffee, tea, soda, etc.): \_\_\_\_\_

Last caffeine intake is usually before: \_\_\_\_\_

Supplements for wakefulness: \_\_\_\_\_

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

Recreational Drugs: \_\_\_\_\_

What is your occupation and work hours? \_\_\_\_\_

Have you had any accidents or near accidents due to drowsy driving? \_\_\_\_\_ What were the consequences? \_\_\_\_\_

Have you ever driven or traveled somewhere and not remember how you got there? \_\_\_\_\_

**FAMILY HISTORY:** Please indicate if your biological parents had any of the following:

	Mother	Father
Restless legs		
Insomnia		
Nightmares		
Night terrors		
Sleep apnea		
Heart attack		

	Mother	Father
Congestive heart failure		
Stroke		
Diabetes		
High blood pressure		
Other		

**Epworth Sleepiness Scale**

Use the following scale to choose one number that best describes what has been happening to you during each activity over the last month. Write that number in the line below.

- 0 = would never fall asleep
- 1 = slight chance of falling asleep
- 2 = moderate chance of falling asleep
- 3 = high chance of falling asleep

Activities	Chances of falling asleep (0-3)
Sitting and reading-----	_____
Watching TV-----	_____
Sitting, inactive in a public place (e.g. a theater or a meeting) -----	_____
As a passenger in a car for an hour without a break -----	_____
Lying down to rest in the afternoon when circumstances permit -----	_____
Sitting and talking to someone-----	_____
Sitting quietly after a lunch without alcohol -----	_____
In a car, while stopped for a few minutes in the traffic -----	_____
<b>Total</b>	_____

**REVIEW OF SYSTEMS:**

Have you gained weight over the last year? \_\_\_\_\_ If so how much? \_\_\_\_\_

Please circle those that apply. Any not circled will be reported as negative in your medical record.

<b>Constitutional</b>	Weight loss	Fever	Chills	Night sweats
<b>Eyes</b>	Vision changes	Double vision		
<b>Head</b>	Ear pain	Sore throat	Sinus pain	Post-nasal drip
	Runny nose	Bloody nose		
<b>Cardiac</b>	Fast heartbeats	Fluttering in chest	Chest pain or pressure	Short of breath when laying flat
	Swollen legs or feet			
<b>Neurologic</b>	Headaches	Seizure	Numbness in arms or legs	
<b>Dermatologic</b>	Rash			
<b>Pulmonary</b>	Shortness of breath at rest	Shortness of breath with activity	Productive cough	Coughing of blood
	Wheezing	Dry cough		
<b>Gastrointestinal</b>	Nausea	Vomiting	Loose or watery stools	Constipation
	Abdominal pain	Black stools	Blood in stool	
<b>Musculoskeletal</b>	Muscle pain	Bone pain	Joint pain	Swollen joints
<b>Endocrine</b>	Increased thirst	Frequent urination	Diabetes	
<b>Lymphatic</b>	Swollen lymph nodes			



## Medical Associates of Northwest Arkansas (MANA)

# Notice of Privacy Practices

Your Information. Your Rights. Our Responsibilities.

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.**

### Your Rights

**When it comes to your health information, you have certain rights.** This section explains your rights and some of our responsibilities to help you.

#### Get an electronic or paper copy of your medical record

- You can ask to see or get an electronic or paper copy of your medical record and other health information we have about you. Ask us how to do this.
- We will provide a copy or a summary of your health information, usually within 30 days of your request. We may charge a reasonable, cost-based fee.

#### Ask us to correct your medical record

- You can ask us to correct health information about you that you think is incorrect or incomplete. Ask us how to do this.
- We may say “no” to your request, but we’ll tell you why in writing within 60 days.

#### Request confidential communications

- You can ask us to contact you in a specific way (for example, home or office phone) or to send mail to a different address.
- We will say “yes” to all reasonable requests.

#### Ask us to limit what we use or share

- You can ask us not to use or share certain health information for treatment, payment, or our operations. We are not required to agree to your request, and we may say “no” if it would affect your care.
- If you pay for a service or health care item out-of-pocket in full, you can ask us not to share that information for the purpose of payment or our operations with your health insurer. We will say “yes” unless a law requires us to share that information.

#### Get a list of those with whom we’ve shared information

- You can ask for a list (accounting) of the times we’ve shared your health information for six years prior to the date you ask, who we shared it with, and why.
- We will include all the disclosures except for those about treatment, payment, and health care operations, and certain other disclosures (such as any you asked us to make). We’ll provide one accounting a year for free but will charge a reasonable, cost-based fee if you ask for another one within 12 months.

#### Get a copy of this privacy notice

You can ask for a paper copy of this notice at any time, even if you have agreed to receive the notice electronically. We will provide you with a paper copy promptly.

#### Choose someone to act for you

- If you have given someone medical power of attorney or if someone is your legal guardian, that person can exercise your rights and make choices about your health information.
- We will make sure the person has this authority and can act for you before we take any action.

#### File a complaint if you feel your rights are violated

- You can complain if you feel we have violated your rights by contacting us using the information on page the next page (2) / back page.
- You can file a complaint with the U.S. Department of Health and Human Services Office for Civil Rights by sending a letter to 200 Independence Avenue, S.W., Washington, D.C. 20201, calling 1-877-696-6775, or visiting [www.hhs.gov/ocr/privacy/hipaa/complaints/](http://www.hhs.gov/ocr/privacy/hipaa/complaints/).
- We will not retaliate against you for filing a complaint.

### Your Choices

**For certain health information, you can tell us your choices about what we share.** If you have a clear preference for how we share your information in the situations described below, talk to us. Tell us what you want us to do, and we will follow your instructions.

In these cases, you have both the right and choice to tell us to:

- Share information with your family, close friends, or others involved in your care
  - Share information in a disaster relief situation
  - Include your information in a hospital directory
- If you are not able to tell us your preference, for example if you are unconscious, we may go ahead and share your information if we believe it is in your best interest. We may also share your information when needed to lessen a serious and imminent threat to health or safety.*

In these cases we never share your information unless you give us written permission:

- Marketing purposes
- Sale of your information
- Most sharing of psychotherapy notes

In the case of fundraising:

- We may contact you for fundraising efforts, but you can tell us not to contact you again.

## Our Uses and Disclosures

### How do we typically use or share your health information?

We typically use or share your health information in the following ways.

#### Treat you

We can use your health information and share it with other professionals who are treating you.

*Example: A doctor treating you for an injury asks another doctor about your overall health condition.*

#### Run our organization

We can use and share your health information to run our practice, improve your care, and contact you when necessary.

*Example: We use health information about you to manage your treatment and services.*

#### Bill for your services

We can use and share your health information to bill and get payment from health plans or other entities.

*Example: We give information about you to your health insurance plan so it will pay for your services.*

### How else can we use or share your health information?

We are allowed or required to share your information in other ways – usually in ways that contribute to the public good, such as public health and research. We have to meet many conditions in the law before we can share your information for these purposes. For more information see:

[www.hhs.gov/ocr/privacy/hipaa/understanding/consumers/index.html](http://www.hhs.gov/ocr/privacy/hipaa/understanding/consumers/index.html).

#### Help with public health and safety issues

We can share health information about you for certain situations such as:

- Preventing disease
- Helping with product recalls
- Reporting adverse reactions to medications
- Reporting suspected abuse, neglect, or domestic violence
- Preventing or reducing a serious threat to anyone's health or safety

#### Do research

We can use or share your information for health research.

#### Comply with the law

We will share information about you if state or federal laws require it, including with the Department of Health and Human Services if it wants to see that we're complying with federal privacy law.

#### Respond to organ and tissue donation requests

We can share health information about you with organ procurement organizations.

#### Work with a medical examiner or funeral director

We can share health information with a coroner, medical examiner, or funeral director when an individual dies.

### Address workers' compensation, law enforcement, and other government requests

We can use or share health information about you:

- For workers' compensation claims
- For law enforcement purposes or with a law enforcement official
- With health oversight agencies for activities authorized by law
- For special government functions such as military, national security, and presidential protective services

### Respond to lawsuits and legal actions

We can share health information about you in response to a court or administrative order, or in response to a subpoena.

*We do not market or sell personal information.*

*We do not create or maintain psychotherapy notes at this practice.*

### Our Responsibilities

- We are required by law to maintain the privacy and security of your protected health information.
- We will let you know promptly if a breach occurs that may have compromised the privacy or security of your information.
- We must follow the duties and privacy practices described in this notice and give you a copy of it.
- We will not use or share your information other than as described here unless you tell us we can in writing. If you tell us we can, you may change your mind at any time. Let us know in writing if you change your mind.

For more information see:

[www.hhs.gov/ocr/privacy/hipaa/understanding/consumers/notice.html](http://www.hhs.gov/ocr/privacy/hipaa/understanding/consumers/notice.html).

### Changes to the Terms of this Notice

We can change the terms of this notice, and the changes will apply to all information we have about you. The new notice will be available upon request, in our office, and on our web site.

### Medical Associates of Northwest Arkansas (MANA)

#### Privacy Officer:

Paula Maxwell, Chief Operating Officer

3383 N. MANA Court, Suite 201

Fayetteville, AR, 72703

Phone: (479) 571-6780

Email: [privacyofficer@mana.md](mailto:privacyofficer@mana.md)

Effective Date: September 23, 2013



## Authorization For Release of Protected Health Information

I, \_\_\_\_\_, give all physicians and professional staff employed by Medical Associates of Northwest Arkansas, P.A. permission to disclose the protected health information set forth below to the following people at the request of one or more of these individuals.

Patient name (print): \_\_\_\_\_ D.O.B. \_\_\_\_\_

Information to be released to the below referenced entity:

Complete Medical Record       or specific information: \_\_\_\_\_

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Please Print:      Name      Relationship to Patient

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I give Medical Associates of Northwest Arkansas P.A., permission to:

- Fax my child's **School Excuse** to his/her school.  
 Yes       No
- Leave a message (s) on my answering machine if they should need to remind me of an appointment, change an appointment, etc, and are unable to reach me in any other way.  
 Yes       No

In addition, I understand or acknowledge the following:

1. I understand that Medical Associates of Northwest Arkansas, P.A., will not release any information to any person(s) not listed above.
2. I have the right to revoke this Authorization at any time by giving Medical Associates of Northwest Arkansas, P.A., a written notice. I understand this does not apply to the release of PHI pursuant to my prior authorization.
3. I have received Medical Associates of Northwest Arkansas's Notice of Privacy Practices
4. My protected health information may be subject to re-disclosure by one or more of the persons named above and as such may no longer be protected by federal or state law.

This authorization shall expire on the \_\_\_\_ day of \_\_\_\_\_, 20\_\_\_\_ and/or the following Event \_\_\_\_\_

Patient Signature: \_\_\_\_\_ DATE: \_\_\_\_\_

In the event the Authorization is being executed by a personal representative, guardian, or parent, please print your name, relationship to the patient, and basis of authorization to act on the patient's behalf.

Print name \_\_\_\_\_ Relationship to Patient \_\_\_\_\_

What is your authorization to act on the patient's behalf? \_\_\_\_\_

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

