

Jessica Kraus
Holistic Health Practitioner
209 East Swallow Road Fort Collins, CO 80525
(970) 223-7425
www.threeriversnaturalmedicine.com

Thank you for allowing me to be part of your healthcare journey. It is an honor and a privilege to work with people like yourself, who are in search of optimal wellness. You have taken the first step simply by seeking out natural and alternative therapies, which are provided to you at our office. This is your New Patient Intake Packet and will need to be filled out prior to your initial appointment. The information you provide is completely confidential and used strictly for constructing the safest and most effective treatment plan I can provide you. Please read, fill out, and sign the forms and fax, mail, or drop off this packet prior to your appointment. It is our policy to confirm appointments one to two business days prior. A message will be left at the number you provide, if you are unavailable to personally confirm your appointment. Meeting with you is important to me and that time is very valuable. I ask that you give at least 24 hour notice if you need to cancel or change your appointment. There is a \$25.00 fee for missed appointments. Feel free to add any additional information that is not listed in this packet, if you believe that it will help me to serve you more effectively. If you need further information you may call the office. I look forward to meeting with you!

I have been passionate about helping others for many years. My practice is focused on a Mind/Body/Spirit connection. Each and every one of us possesses the ability to help heal ourselves, once we become fully connected within our own bodies. We are uniquely and wonderfully created individuals, consisting of a complexity that is so beautiful when nurtured properly. As a therapist, it is again an honor and privilege to assist you in reaching your full potential. This passion for helping others led me to pursue my education so that I can be equipped with the proper tools needed to be effective. In 2003 I completed level 1 Reiki training and level 2 in 2004. I graduated from the Institute of Business and Medical Careers in Fort Collins, Co in 2005 with honors, completing 800 hours of massage training. I have continued my training and education ever since. In 2012 I completed a Holistic Health Practitioner Certification through Front Range Community College in Fort Collins, Co. This certification allows me to utilize the vast realm of holistic and alternative therapies and modalities for which I have been trained for. In 2013 I became certified in Reflexology. Continuing education is very important in health-care because of the ever evolving techniques and modalities. Besides that, I love school and believe that we should never stop learning. Our bodies are always changing.

It takes a team working together to obtain the best results, therefore, you are entitled to seek opinions from other health care providers. And, are encouraged to seek medical professionals that you are comfortable with and that fit your needs the best. Your treatments at each visit with me will be tailored to the need at that time. Below you will find some important information that will help you understand the financial aspect of your visits.

Personal Information:

Name: _____ Phone: _____ Date: _____
Address: _____ City/State/Zip _____
Email: _____ Date of Birth: _____ Occupation _____
Emergency Contact: _____ Phone: _____

Fee schedule:

90 Minute Massage-----\$90
1 Hour Massage-----\$70
30 Minute Massage-----\$35
Reflexology (Hands,Feet,Ears)-----\$1.00/minute
Constitutional Hydrotherapy-----\$75
Raindrop Therapy-----\$55

*Packages may be available upon request
Prices are subject to change without prior notice*

Payment Requirements:

Treatments must be paid for at the time of service. I accept Visa, Mastercard, check, cash. You will be charged a \$25 fee for returned checks.

Insurance:

I do not have accounts set up with any insurance companies. However, I can provide a superbill for you to submit for reimbursement if your insurance will allow. Please inform us if you need this detailed superbill when you check out.

I have read the above information and my signature endorses my understanding of these conditions.

Printed Name _____

Signature _____ Date _____
(Signed by guardian if under-age)

The following information will be used to help plan safe and effective sessions. Please answer the questions to the best of your knowledge.

Have you had a professional massage before? Yes No

If yes, how often do you receive massage? _____

Do you have any difficulty lying on your front, back, or side? Yes No

If yes, please explain _____

Do you have any allergies to oils, lotions, or ointments? Yes No

If yes, please explain _____

Do you have sensitive skin? Yes No

Are you sensitive to extreme temperatures? Yes No

Are you wearing Contact lenses ___ Dentures ___ Hearing Aid ___ Pace Maker ___ Arch supports ___

Do you sit for long hours at a workstation, computer, or driving? Yes No

If yes, please explain _____

Do you perform any repetitive movement in your work, sports, or hobby?

If yes, please describe _____

Do you experience stress in your work, family, or other aspects of your life? Yes No

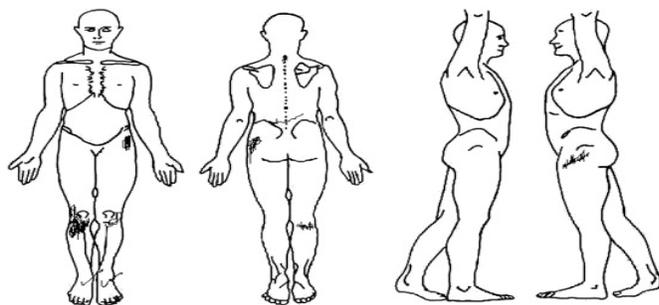
If yes, how do you think it has affected your health?

Muscle Tension ___ Anxiety ___ Insomina ___ Irritability ___ Other _____

What have you done to relieve the stress? _____

Is there a particular area of the body where you experience tension, stiffness, pain, or other discomfort? Yes No

Please indicate on the diagrams below where you feel the above symptoms



Are you currently under the care of a physician? Yes No

If yes, please explain who and for what purpose _____

Are you taking any medication, supplements, vitamins, etc?

MEDICAL HISTORY:

Please check any conditions listed below that applies to you:

Cardiovascular

- presently experiencing fever
- shortness of breath
- repeated chest pain
- dizziness and fainting
- frequent cold hands or feet
- frequent tingling in lips or fingers
- varicose veins

Digestion

- continued trouble digesting
- gas or bloating
- constipation or diarrhea
- ulcers or acute stomach pain
- "heartburn" or acidic stomach
- loss of appetite
- use of laxatives
- hiatus hernia

Nervous System

- unexplained bodily weakness
- constant nervousness and anxiety
- tight feeling in stomach or throat
- perspiring hands and feet
- irritability
- depression

Musculoskeletal

- painful muscle tension
- headaches
- constant neck pain
- muscle cramps
- twitching muscles
- frequent backache
- sore or aching joints
- frequent cracking or popping of joints
- repeated sprains or dislocations
- pain or difficulty walking
- disc problems

Immune System

- frequent colds or flu
- wounds heal slowly
- frequently fatigued
- history of swollen glands _____

Respiratory

- frequent cough
- frequent congestion
- sinus problems

Skin

- frequent skin infections
- communicable skin infections
- psoriasis
- eczema
- rashes
- bruising easily

Women

- frequent or severe menstrual cramping
- pelvic inflammation or infection
- presently pregnant
- bladder infection
- menopausal symptoms

Men

- prostate and/or urinary infections
- painful urination

Sensory

- ringing in ears
- balance
- hearing
- vision
- memory
- ticklishness

Vaccinations

- | | Year(s) |
|---|----------------|
| <input type="checkbox"/> COVID | _____ |
| <input type="checkbox"/> DPT (Diphtheria, Pertussis, Tetanus) | _____ |
| <input type="checkbox"/> Booster (Usually DT) | _____ |
| <input type="checkbox"/> Polio Injection | _____ |
| <input type="checkbox"/> Polio Oral | _____ |
| <input type="checkbox"/> MMR (Measles, Mumps, Rubella) | _____ |
| <input type="checkbox"/> HBV (Hepatitis B Vaccine) | _____ |
| <input type="checkbox"/> Other (Flu shots, etc.) | _____ |

Is there anything else about your health history that you think would be useful for me to know in order to plan a safe and effective session for you?
