

# Dr. Trevor Cates

## Adult New Patient Registration Form

Dear New Patient,

I look forward to serving you and your family's health care needs and supporting you in achieving a healthy, fulfilling life.

Provided with this new patient registration form is some general information about the holistic health care services I provide. Please fill out the accompanying forms and send them in or bring them with you on the day of your initial visit. In addition, bring with you a complete list of current supplements and medications as well as copies of any medical records in your possession, such as laboratory or diagnostic imaging reports, doctor's chart notes, etc.

I am located at the Silver Mountain Building at Kimball Junction. The address is:

1526 Ute Blvd. #110

Park City, UT 84098

Also, you can learn more about me and the services I offer by reading through my website: [www.drtrevorcates.com](http://www.drtrevorcates.com). My website will give you access to important health information and access not only to my tips and resources but also to me. You may reorder supplements and send me questions directly on this site.

If your schedule conflicts with your appointment time, then please call my office at 435-655-7700 as soon as possible to reschedule. I greatly appreciate you giving us at least 48 hours advanced notice of schedule changes, but require at least 24 hours before a fee of \$95 will be assessed.

I look forward to meeting with you.

**Healthfully,**

**Dr. Trevor Holly Cates**  
*Naturopathic Physician*

# Dr. Trevor Cates

## Adult New Patient Registration Form

Please fill out the following pages completely so that we can best serve you. Your health and peace of mind are important to us. This information will be kept strictly confidential.

**General Information**

\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_ M/F  
 First Name Last Name Date of Birth Age Sex

Home Address  Dropship Supplements to this Address City State Zip

Secondary Address  Dropship Supplements to this Address City State Zip

(\_\_\_\_\_) (\_\_\_\_\_) (\_\_\_\_\_) Preferred #:  Home  
 Home Phone # Cell Phone # Work Phone #  Cell  
 Work

\_\_\_\_\_  
 E-mail Address Would you like to receive our health newsletter via e-mail? Y / N

Occupation Hrs/Wk Employer Social Security Number

Spouse's Name Marital Status:  Married  Separated  Divorced  Single  Widowed  
 Live With:  Spouse  Partner  Parents  Children  Friends  Pets  Alone

Emergency Contact (\_\_\_\_\_) Relationship to Emergency Contact  
 Phone #

Ethnicity: \_\_\_\_\_ Religious Affiliation: \_\_\_\_\_

Preferred Pharmacy Name and Location: \_\_\_\_\_

Other Health Care Providers (M.D., D.O., Dentist, Chiropractor, and Acupuncturist):  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

Referred By: \_\_\_\_\_

**Health Concerns and Current Treatments**

Please list all current and ongoing health concerns and the treatments you have tried or are currently using. Rank each health concern in the order you would like it addressed.

Rank	Health Concern	Date of Onset	Treatment

**Other Health Conditions**

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

What are your health goals?

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

How much effort are you willing to invest to achieve your health goals?

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

If you could change three things about yourself, what would they be?

- 1 - \_\_\_\_\_
- 2 - \_\_\_\_\_
- 3 - \_\_\_\_\_

Date of Last Medical Exam: \_\_\_\_/\_\_\_\_/\_\_\_\_

Date of Last Dental Exam: \_\_\_\_/\_\_\_\_/\_\_\_\_

Date of Last Eye Exam: \_\_\_\_/\_\_\_\_/\_\_\_\_

Date of Last Blood Screening: \_\_\_\_/\_\_\_\_/\_\_\_\_

Current Height: \_\_\_\_\_ ft. \_\_\_\_\_ in.

Current Weight: \_\_\_\_\_ lbs. Weight 1 Year Ago: \_\_\_\_\_ lbs.

Maximum Weight: \_\_\_\_\_ lbs. When? \_\_\_\_\_

**Current Medications**

<u>Prescriptions (Rx)</u>	<u>Dosage</u>	<u>Prescriptions (Rx)</u>	<u>Dosage</u>
1		4	
2		5	
3		6	
<u>Over –The-Counter</u>	<u>Dosage</u>	<u>Over-The-Counter</u>	<u>Dosage</u>
1		4	
2		5	
3		6	
<u>Supplements/Vitamins</u>	<u>Dosage</u>	<u>Supplements/Vitamins</u>	<u>Dosage</u>
1		4	
2		5	
3		6	

**Medical Tests and Special Studies**

List all x-rays, CAT scans, MRI's, electroencephalograms, hearing, speech/language, psychological, etc.

<u>Test or Study</u>	<u>Date(s)</u>	<u>Results</u>

**Hospitalizations, Surgeries and Traumas**

List all hospitalizations, surgeries, significant traumas (e.g. motor vehicle accidents, severe falls, broken bones, difficult childbirth...) etc.

<u>Event</u>	<u>Date</u>

**Allergies and Sensativities**

Drugs, Foods, Airborne, Animals, Chemicals:

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Types of Allergy/Sensativity Testing You've Had:

None

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**Typical Food Intake**

Breakfast:
Lunch:
Dinner:
Snacks:

Special Diet: \_\_\_\_\_

Amount of Water per Day: \_\_\_\_\_ Other Drinks: \_\_\_\_\_

**General Lifestyle: Frequency of Use**

	<i>Enter a #</i>	<i>Circle One</i>	<i>Circle if Applicable</i>
Restaurant Food	___ Times Per	Day / Week / Month	
Alcohol	___ Times Per	Day / Week / Month	Beer / Wine / Liquor
Coffee	___ Times Per	Day / Week / Month	
Black Tea	___ Times Per	Day / Week / Month	
Soft Drinks/Soda	___ Times Per	Day / Week / Month	
Tobacco	___ Times Per	Day / Week / Month	Cigs / Cigars / Pipe / Chew
Recreational Drugs	___ Times Per	Day / Week / Month	Type:

Exposed to Tobacco Smoke?  Yes  No  In the Past When and for How Long? \_\_\_\_\_

Do you react strongly to caffeine?  Yes  No If yes, what reactions do you have?  
\_\_\_\_\_

Do you reduce the usual dosages of medications to avoid adverse effects?  Yes  No

Are you intolerant of alcohol or do you feel intoxicated after 1 or 2 drinks?  Yes  No

Interests and Hobbies: \_\_\_\_\_  
\_\_\_\_\_

Do you enjoy your job?  Yes  No How often do you take vacations? \_\_\_\_\_

Do you spend time outside?  Yes  No How much? \_\_\_\_\_

Exercise Activities:  
\_\_\_\_\_  
\_\_\_\_\_

Do you read? \_\_\_\_\_

Do you watch television? \_\_\_\_\_

Do you have a religious or spiritual practice? \_\_\_\_\_

Do you always wear your seat belt while riding in an automobile? \_\_\_\_\_

Do you own a vegetable juicer? \_\_\_\_\_

Do you own a home air filter unit? \_\_\_\_\_

**History of Personal Health Problems Past and Present**

Have you had an ailment or disease condition after which you were never the same/well; OR have you had an ailment or medical condition that resulted in the worsening of other health problems?  Yes  No If "Yes," explain.

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Have you ever received medical treatment or drug prescription after which your health seemed permanently affected?  Yes  No If "Yes," explain.

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Have you ever experienced a bad reaction to a vaccine?  Yes  No  
If "Yes," which one(s) and what reaction(s) did you have?

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**Mark an X in the boxes below for all health conditions that you have ever had. Please provide the approximate date (or age) when you had the problem.**

**General**

- Abuse/Trauma
- Addictions
- Drug or Alcohol Dependency
- Diabetes
- Anemia
- Bleeding Problems
- Blood Clots
- Blood Transfusion

- Blood Disease
- Chronic Fatigue
- Cancer or Tumor
- Headaches
- Migraines
- Immune Disease
- Candida (Yeast Infection)
- Thyroid Disease

**Mental/Emotional**

- Anxiety
- Depression
- Death or Loss
- Post-Traumatic Stress Disorder
- Attention Deficit
- Hyperactivity
- Mental "Breakdown"
- Mental Illness

**Heart & Vessels**

- Abnormal EKG
- Heart Disease
- High Blood Pressure
- Low Blood Pressure
- Pacemaker
- Stroke
- Heart Attack
- Chest Pain/Angina
- Murmur

- Vessel Disease
- Other: \_\_\_\_\_

**Neurological**

- Epilepsy/Seizures
- Nerve Pain
- Numb/Dull Senses
- Neurologic Disease
- Vertigo/Dizziness

**Respiratory & Sinus**

- Smoker \_\_\_ pack(s) a day # of years \_\_\_
- Allergies
- Asthma
- Bronchitis
- Emphysema
- Pneumonia
- Sinusitis

**Eyes**

- Red Eyes
- Eye Infections
- Vision Problems
- Glaucoma

**Ears**

- Ear Infections
- Hearing Loss

**Skin**

- Edema/Swelling
- Abscesses
- Easy Bruising
- Cancer or Tumor
- Cold Sores
- Herpes
- Dental/Gum Disease
- Impetigo/Infections
- Eczema/Psoriasis
- Hives/Rashes
- Swollen Glands
- Varicose Veins
- Warts
- Yellow Jaundice
- Other: \_\_\_\_\_

**Infectious**

Date of Vaccination

- Hepatitis \_\_\_\_\_
- Chicken Pox \_\_\_\_\_
- Diphtheria \_\_\_\_\_
- Pertussis \_\_\_\_\_
- Tetanus \_\_\_\_\_
- Influenza \_\_\_\_\_
- Measles \_\_\_\_\_
- Mumps \_\_\_\_\_
- Rubella \_\_\_\_\_
- Grmn Measles \_\_\_\_\_

- Polio \_\_\_\_\_
- H Flu Type B \_\_\_\_\_
- Pneumococ. \_\_\_\_\_
- Tuberculosis \_\_\_\_\_
- Typhoid \_\_\_\_\_
- Other: \_\_\_\_\_
- Bronchitis
- Whooping Cough
- Lyme Disease
- Malaria
- Mononucleosis
- Rheumatic Fever
- Scarlet Fever
- Strep/Tonsillitis
- Other: \_\_\_\_\_

**Kidney & Bladder**

- Kidney Disease/Infection
- Kidney Stones
- Cystitis

**Muscles & Joints**

- Arthritis: Type: \_\_\_\_\_
- Fibromyalgia
- Gout
- Muscular Disease
- Osteoporosis
- TMJ Problems

- Hernia

**Gastro-Intestinal**

- Liver Disease
- Gallbladder Disease
- Diverticulosis
- Crohn's Disease
- Hemorrhoids
- Ulcerative Colitis
- Pancreatitis
- Parasites/Worms
- Stomach Pain
- Other: \_\_\_\_\_

**Women**

- Sex-Transmitted Disease
- Infertility
- Missed Menses
- Heavy Menses
- Miscarriage
- Menopause

**Men**

- Sex-Transmitted Disease
- Infertility
- Prostate Disease

Comments:

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**Family Health History**

Fill out the following pertaining to your “blood” or natural relatives. Additional space is provided below for adding additional information related to your family history.

	Grandparents				Mother	Father	Siblings
	Maternal	Paternal					
<b>Ages, if living</b>							
<b>Health</b> G= Good F= Fair P= Poor Circle for each.							
<b>Age at Death</b>							

Below, provide name, relationship, age condition occurred, complete diagnosis, and treatment. Additional comments can be added, below this table.

Anxiety	
Asthma/Allergies	
Anemia	
Alzheimer’s Disease	
Arthritis	
Cancer, Tumor or Polyps	
Depression	
Diabetes	
Eczema	
Glaucoma/Eye Disease	
Gallbladder Disease	
Gout	
Heart Disease	
Hives/Rashes	
High Blood Pressure	
Kidney Disease	
Lung Disease	
Mental Illness	
Osteoporosis	
Seizures/Epilepsy	
Smoking/Drug Abuse	
Stroke	
Thyroid Problems	
Tuberculosis	
Ulcers	

**Other:**

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## Consent for Use and Disclosure of Health Information\*

This form is required by the Federally mandated Health Insurance Portability and Accountability Act of 1996

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

Address: \_\_\_\_\_

Telephone: \_\_\_\_\_ E-mail: \_\_\_\_\_

Social Security Number: \_\_\_\_\_

### PLEASE READ THE FOLLOWING STATEMENTS CAREFULLY

**Purpose of Consent:** By signing this form, you will consent to our use and disclosure of your protected health information to carry out treatment, payment activities and health care operations.

**Notice of Privacy Practices:** You have the right to read our Notice of Privacy Practices before you decide whether to sign this Consent. Our notice provides a description of our treatment, payment activities, and health care operations, of the uses and disclosures we may make of your protected health information, and of other important matters about your protected health information. A copy of our Notice accompanies this Consent. We encourage you to read it carefully and completely before signing this Consent.

We reserve the right to change our privacy practices as described in our Notice of Privacy Practices. If we change our privacy practices, we will issue a revised Notice of Privacy Practices, which will contain changes. Those changes may apply to any of your protected health information that we maintain. We may obtain a copy of our Notice of Privacy Practices, including any revisions of our Notice, at any time by requesting one from the front desk.

**Right to Revoke:** You will have the right to revoke this Consent at any time by giving us written notice of your revocation submitted to the Contact Person listed below. Please understand that revocation of this Consent will not affect any action we took in reliance on this Consent before we received your revocation, and that we may decline to treat you or to continue treating you if you revoke this Consent.

**Contact Person:** Dr. Trevor Holly Cates

I, \_\_\_\_\_, have had full opportunity to read and consider the contents of this Consent form and your Notice of Privacy Practices. I understand that, by signing this Consent form, I am giving my consent to your use and disclosure of my protected health information to carry out treatment, payment activities and health care operations.

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

If this Consent is signed by a personal representative on behalf of the patient, complete the following:

Personal Representative's Name: \_\_\_\_\_

Relationship to Patient: \_\_\_\_\_

YOU ARE ENTITLED TO A COPY OF THIS CONSENT AFTER YOU SIGN IT. PLEASE ASK OUR STAFF FOR A COPY IF YOU WANT A COPY.

## Informed Consent for Treatment and Care

This document provides important information regarding the services being provided and should be carefully reviewed. Please ask any questions you have regarding services before signing this document.

**Healthcare Services.** Dr. Trevor Holly Cates offers various medical services that are individualized to meet your personal health needs. Dr. Cates is a primary care, family practice naturopathic physician who specializes in integrating diagnostic and treatment methods of both conventional and natural medicine. Dr. Cates completed a 4-year medical school training program, earning her a Doctor of Naturopathic Medicine degree. She has been a licensed naturopathic physician since 2000.

Your first visit will involve an evaluation of your current health needs and you may receive treatments deemed appropriate to your care. At the time of your evaluation, it is necessary you supply the doctor with all applicable personal health information, past and present. Along the course of treatment, whether the duration is days or months, it is necessary to follow the recommended treatment plan, which includes follow up visits to the office for appropriate periodic re-evaluation. If life circumstance makes it difficult to follow the prescribed plan, you understand that you must discuss this with Dr. Cates to ensure that you are provided with the best treatments.

**Professional Fees and Payments.** The visit lengths vary depending on the complexity of presenting health concerns. Initial visits are usually 60-75 minutes. Initial pediatric visits are typically 45-60 minutes. You may request a shorter initial visit if you have acute health concerns; however, an additional visit may be needed to evaluate you completely if you are presenting with long, chronic issues, multiple diseases or symptoms and/or have a condition that is very severe or life-threatening. Follow-up visits are usually 30, 45 or 60 minutes, and this also is dependent on case complexity and treatments provided at the time. See the "Office Visit Fee Schedule" form for the current fees. You may be charged fees for telephone conversations, email correspondence or for requested additional work. *Kindly give us 24 hours notice if you need to change or cannot make your appointment. Missed or cancelled appointments with less than 24 hours notice will result in a \$95 missed appointment charge to your credit card.*

All payments are due at the time of service unless special arrangements are made prior to the appointment. Please talk to the front desk about forms of payments accepted. We ask you to provide us with a credit card number at the time you schedule your initial visit for billing purposes and to reserve your appointment time. In addition, if you do not pay for pharmacy items at the time you pick them up, signing below confirms that you agree to have us charge your credit card for the amount due.

**Insurance.** The doctor does not bill insurance companies; however, at your request, she will provide you with the necessary forms you can submit to your insurance provider to be reimbursed to you directly. Although many offered services are insurance reimbursable, it is recommended that you contact your insurance provider to determine whether or not your benefits include naturopathic care. It has come to our attention that clients are told by their insurance providers that naturopathic medicine are categorically excluded from their plan or that these services are only covered on an emergency basis. This information is inconsistent with Utah State code. Please refer to the last page of this packet for assistance in how to deal with your insurance provider should you find that they are uncooperative in providing you coverage.

**Medicare.** Medicare does not cover services provided by naturopathic doctors. No insurance forms can be submitted by Dr. Cates or by you to Medicare or to Medicare supplemental policies. This consent agreement is a private contract between Dr. Cates and you, the patient or guardian, for services provided to Medicare-eligible patients and is excluded from Medicare reimbursement rules.

**Contacting the Doctor.** Dr. Cates is not always immediately available by telephone. Messages left with the receptionist or on the office voice mail system will be given to the doctor as soon as the doctor is available. The doctor will make every effort to return your call in a timely manner. If you are difficult to reach, please inform us of some times when you will be available. In case the doctor will be unavailable for an extended time, the doctor will refer you to another physician to temporarily manage your health care needs.

**I have read, understand and agree to the above information.**

Patient Signature (or Representative): \_\_\_\_\_ Date: \_\_\_\_\_

Indicate Relationship if Signing for Patient: \_\_\_\_\_

## Informed Consent for Treatment & Care

To the Patient: You have the right, as a patient, to be informed about your condition and the recommended treatments and procedures to be used so that you make an informed decision whether or not to undergo the recommended procedure(s) after knowing the benefits and risks involved. This notice is not meant to alarm you; it is simply to inform you that you may give or withhold your consent to treatment. **If you refuse any specific procedure this will not affect your receiving other care or future treatments.**

I, \_\_\_\_\_ (Patient's Name or Name of Parent/Guardian) voluntarily request and consent to receive medical care for myself (or for the patient names below, for whom I am legally responsible) provided by Dr. Trevor Holly Cates. I also agree to receive care from the doctors' associates, medical assistants and other health care providers to examine and treat me and my health conditions.

I understand that the course of care may include the use of multiple modalities of naturopathic medicine including nutritional supplements, homeopathic medicines, prescription medicines, bio-identical hormones, chelation therapy and other therapies offered by the doctor(s).

Certain treatments may be inappropriate during pregnancy, and I will notify the doctor(s) if I am or plan to become pregnant. I will immediately inform the doctor(s) in the event I experience any undesired treatment effects or my health worsens during the course of treatment.

I understand that my verbal consent to a specific treatment and my willing participation in receiving these therapies after explanation of benefits and risks is sufficient to indicate my consent to receive treatment. I waive the option of signing a consent to treat for each and every specific procedure at each treatment date.

I understand that I am free to pursue other medical opinions and treatments including conventional medical care at any time. I understand that I have the right and the opportunity to ask questions about my condition, discuss naturopathic and conventional options at any time. I understand there may be complications and risks related to the recommended therapies and procedures and that I may request additional information regarding complications and risks (side effects) and refuse any specific treatment at any time.

I understand that to receive prescription medications, such as thyroid, bio-identical hormones and certain dietary supplements, I must comply with the required laboratory re-testing schedule in order to receive refills.

I understand that payment in full is due at the time of service. I understand that any expenses incurred, including laboratory or other diagnostic testing, are my responsibility and not that of any other person or insurance group. The doctor(s) will indicate which lab tests require payment at time of service before ordering the lab test. I understand that no claims or guarantees have been made by the doctors or their personnel for future insurance reimbursement of particular medical services.

I understand that, following care, no warranty or guarantee is given promising cure for any medical condition.

All information given now or at any point in the future is confidential. It is Dr. Cates' policy to require a signed medical release form before releasing medical records to anyone other than the patient.

I certify that I have read, or have had it read to me, the above information and I understand its content and meaning and I have sufficient information to give this informed consent to receive health care from Dr. Trevor Holly Cates and/or her medical staff. I intend this consent form to cover the entire course of treatment for my present condition and for any future condition(s) for which I seek diagnosis and treatment.

Patient Signature (or Representative): \_\_\_\_\_ Date: \_\_\_\_\_

Indicate Relationship if Signing for Patient: \_\_\_\_\_

## Office Visit Fee Schedule for

*Dr. Trevor Cates*

### **Initial In Person Office Visits**

\$350 - Initial Consultation 1<sup>st</sup> Visit (75 Minutes)

\$160 - 1<sup>st</sup> Visit for Acute Conditions (30 Minutes)

Free - Q & A about Dr. Cates' Practice for Potential Patients (15 Minutes)

### **Follow-Up Office Visits or Phone Consults**

\$190 - Extended Follow-Up (60 Minutes)

\$140 - Intermediate Follow-Up (45 Minutes)

\$95 – Limited Follow-Up (30 Minutes)

*Standard visits are between 30 – 45 minutes.*

### **CranioSacral Therapy (CST) (For Return Patients Only)**

\$150 – Adult CST (50 Minutes)

\$125 – Pediatric CST (30-45 Minutes)

*\*A fee of \$95 will be assessed for any appointment not cancelled 24 hours prior to the appointment.\**

[www.drtravorcates.com](http://www.drtravorcates.com)

Fee Schedule Effective As Of January 1<sup>st</sup>, 2014