

# gerstenberg.clinicWELLNESS

K. Paul Gerstenberg, D.O. • 2645 Nall Street • Port Neches, Texas 77651 • 409.210.3336

## Welcome!

We value each of our patients like family and strive for the most professional, compassionate care possible! At **gerstenberg.clinic** our goal is excellence in all we do! Please take a moment to familiarize yourself with our Wellness guidelines and services.

We offer several alternative healthcare options through our Wellness services. This includes vitamins, homeopathic remedies, human-identical hormone therapy, medical weight management options, aesthetic treatments, male E.D. treatments and more! Look around our clinic and website for materials that detail our Wellness line as we are consistently seeking out ways to diversify and offer the very best NON-drug treatments for our patients and community. Services offered through our Wellness line are considered cash-pay services and claims are not filed with insurance carriers since these Wellness services are not covered by insurance. Some flexible spending accounts (FSA) or health savings accounts (HSA) may reimburse for them and we gladly accept cash, check, credit card and CareCredit for these services.

If you would like to become a patient of our primary care practice for your medical needs, please complete a Primary Care New Patient packet.

## Scheduling

We try to maximize appointment availability for all of our patients. If for any reason you cannot keep your appointment, please call as soon as you realize this so that we can reschedule for a more convenient time. Any patient arriving more than 15 minutes late to their scheduled appointment time will be rescheduled. Also, if you have waited more than 15 minutes in the waiting room, please tell the receptionist, as there has probably been an oversight. We are sensitive to your schedule, and hope you'll be sensitive to ours and other patients.

A \$50 charge may occur for any missed visits or returned checks.

## Services

### Hormone Therapy with BioTE

BioTE is a human-identical hormone subcutaneous pellet therapy to help NATURALLY balance hormones in both women and men. Pellet therapy uses hormones derived from natural plant sources to replicate the body's normal hormonal levels. Patients have found that bio-identical hormone replacement therapy with pellet implants is extremely effective. Implants, placed under the skin, consistently release small, physiologic doses of hormones that provide optimal therapy.

### Aesthetic treatment with DermaSweep

DermaSweep's 3-in-1 therapy combines bristle tip powered exfoliation with oxygen-driven circulation for a gentle yet extremely effective MicroResurfacing treatment. Unlike traditional microdermabrasion, DermaSweep helps improve micro-circulation and oxygenation to promote skin health and boost collagen, along with effective exfoliation. After exfoliation, your skin may be infused with a wide range of nutrient-dense ingredients, providing further healing and radiance. For a completely customizable treatment tailored to each patient, our provider evaluates the patient's skin condition and concerns to recommend the skin fusion that best suits the individual patient. Treatments are fast and pain-free. In most cases, our patients leave the treatment room with a wonderful glow and a new level of smoothness to their skin!

### Reforming Life Medical Weight Loss

With Reforming Life Medical Weight Loss, one can naturally remove abnormal fat from one's body, reset the hypothalamus to keep one at a normal weight, and learn to eat correctly to maintain a healthy weight for life. This is not a diet. It is a medically designed protocol that utilizes a combination of very specific foods at 500 calories per day and the use of HCG to change the way your body processes food.

### Acoustic Wave Therapy for E.D.

Acoustic Wave Therapy gets to the root of Erectile Dysfunction and Peyronie's Disease by stimulating the body to heal itself, handling E.D. on a cellular level to create natural erections. Treatment is performed using acoustic sound waves (a.k.a. low-intensity ESWT). This breaks up plaque and blockages and increases blood flow by creating new blood vessels. Treatment is performed in the office by Dr. Gerstenberg without the need for anesthesia. A thorough medical consultation is needed to qualify you, then treatment typically is twice weekly for 6 sessions. For more severe cases, additional therapy or measures may be needed. An initial consultation fee will apply but will be deducted from treatment cost if purchased.

***Tell others if you like the service you get. Tell us if you don't – so we can try to make things right!***

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## PATIENT INFORMATION SHEET ► PLEASE PRINT THE FOLLOWING INFORMATION:

After completing this form, return it along with your **insurance card** and **identification card** to the front desk. Thank you.

Last Name: \_\_\_\_\_ First: \_\_\_\_\_ Middle: \_\_\_\_\_ Date: \_\_\_\_\_  
Birth Sex: ☐ M ☐ F Marital Status: ☐ S ☐ M ☐ W ☐ D SSN: \_\_\_\_\_ DOB: \_\_\_\_\_  
Race: \*\*\* \_\_\_\_\_ Ethnicity: \*\*\* \_\_\_\_\_ Preferred Language: \_\_\_\_\_  
Street Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
Home Phone: \_\_\_\_\_ Email Address: \_\_\_\_\_  
Cell Phone: \_\_\_\_\_ Would you like to participate in the patient portal? ☐ Y ☐ N  
Work Phone: \_\_\_\_\_ Patient reminder preference: ☐ Patient Portal ☐ Phone Opt OUT of Email Updates: ☐  
Preferred Phone: ☐ H ☐ Cell ☐ W

### Current copy of insurance card(s) required. Please provide card(s) to the front desk for a copy to be made.

Guarantor: ☐ Self ☐ Other: \_\_\_\_\_ DOB: \_\_\_\_\_ Relationship to Patient: \_\_\_\_\_ SSN: \_\_\_\_\_  
Is guarantor address same as patient: ☐ Y ☐ Other: \_\_\_\_\_  
Primary Insurance Carrier: \_\_\_\_\_ If group policy, employer: \_\_\_\_\_  
Member ID: \_\_\_\_\_ Group number: \_\_\_\_\_  
Secondary Insurance Carrier: \_\_\_\_\_ If group policy, employer: \_\_\_\_\_  
Member ID: \_\_\_\_\_ Group number: \_\_\_\_\_  
Employment status: ☐ Employed ☐ Retired ☐ Unemployed Employer: \_\_\_\_\_

**Emergency Contact** First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_  
Home Phone: \_\_\_\_\_ Work Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_ Relationship: \_\_\_\_\_

**Preferred Pharmacy:** \_\_\_\_\_ Location: \_\_\_\_\_

I am legally able to give consent for treatment, and do affirm consent, for the above patient to receive any type of service deemed medically necessary. I shall be responsible to pay for any professional services received. I realize that insurance billing is performed as a courtesy and is no guarantee of payment for services. I authorize payment to be made directly from the insurance company to the physician and any medical records released to process my claim.

There will be a minimum \$25 charge for all requests for medical records other than those requested by other physicians for coordination of care, or as per law.

Estimated co-pays, co-insurance, and/or deductibles are required to be paid at the time of service. A \$50 charge may occur for any missed visits or returned checks. I understand that patients enrolled in a managed care plan (i.e. HMO, POS) must have an office visit to be referred to a specialist. All balances on my account that are 60 days overdue must be resolved before another appointment may be scheduled. Outstanding balances not resolved within 90 days will be reported for collections and will go against my credit report.

I have been provided the opportunity to review the Notice of Privacy Practices of this clinic and have been afforded the opportunity to ask any questions I may have pertaining to the policy. A copy of the clinic's Notice of Privacy Practices may be accessed at any time via [www.gerstenberg.clinic](http://www.gerstenberg.clinic). My acknowledgement of these policies will remain in effect until revoked by me in writing. A photocopy of this acknowledgement with my signature is to be considered valid as original.

**Signature of Patient or Guarantor:**  \_\_\_\_\_ Date: \_\_\_\_\_

How did you hear about gerstenberg.clinic? ☐ Word of Mouth ☐ Internet ☐ TV ☐ Newspaper ☐ Other: \_\_\_\_\_  
From the following, what is the main reason you need an appointment? ☐ I need to establish a new primary care doctor/I need a physical  
☐ Feet pain/Clinical Trial therapy ☐ Fatigue/lack of energy ☐ Anxiety ☐ ADD/ADHD ☐ Diabetes  
☐ Knee pain/Knee pain therapy ☐ Hormone issues (describe below) ☐ Depression ☐ Blood pressure ☐ Other (write below)

Last revised 02/10/20

\*\*\* Race and Ethnicity are required by the US government.

## Adult Past Medical History

Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_ Date: \_\_\_\_\_

### Circle all that apply (please specify)

Seasonal or food allergies \_\_\_\_\_  
 Asthma  
 Bronchitis or Chronic lung disease (COPD)  
 Carotid artery blockage  
 Stroke or TIA  
 Congenital heart disease  
 Congestive heart failure (CHF)  
 Heart disease  
 High blood pressure or hypertension  
 Blood vessel disease or blood clots  
 High cholesterol  
 Diabetes  
 Thyroid disease – Type: \_\_\_\_\_  
 Heartburn / Reflux / Stomach ulcers  
 Headaches or migraines  
 Anemia  
 Liver disease  
 Colon Disease – Type: \_\_\_\_\_  
 Bladder/Kidney disease – Type: \_\_\_\_\_  
 Alzheimer's Disease/Memory trouble  
 Seizures  
 Muscle disorder  
 Joint trouble/arthritis – Type: \_\_\_\_\_  
 Sickle cell  
 Skin disease – Type: \_\_\_\_\_  
 Cancer – Type: \_\_\_\_\_

Do you have **living will**? Yes | No  
 (if Yes, please provide a copy for our records)

### Surgeries:

Circle all that apply (please specify)

NONE  
 Tonsils  
 Appendix  
 Gallbladder  
 Tubal ligation or hysterectomy  
 Other: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

### Females only:

Last menstrual period: \_\_\_\_\_  
 Birth control, if any: \_\_\_\_\_

### Please list ALL drug allergies:

Check here if no known allergies: ☐

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

Please list members of household, and relationship:

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

### Social:

Place of employment, if any: \_\_\_\_\_  
 Alcohol use (how much) \_\_\_\_\_  
 Tobacco use – Type: \_\_\_\_\_ How long? \_\_\_\_\_

Family History	Father	Mother	Paternal Grandfather	Paternal Grandmother	Maternal Grandfather	Maternal Grandmother
Heart attack or heart disease						
High blood pressure						
High cholesterol						
Stroke or TIA						
Sudden death						
Thyroid disease						
Cancer – Type						
Diabetes						
Other (specify)						

List ALL **medications** and **supplements** currently taking: (name, dosage and instructions). Please bring your bottles **each** visit for clarification!

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

## Release of Billing and Medical Information

When your family member or friend calls for billing or medical information for you, we need their name listed on file in order to release the information. Please be sure they have your date of birth for reference. If the date of birth is not given, we will be unable to release any information over the phone.

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### Billing/Financial:

I give my authorization to release to or discuss billing information with: (Please limit to two individuals)

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

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

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### Medical:

I give my authorization to release to or discuss medical information with: (Please limit to two individuals. Can be the same as above... if so, write "same".)

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

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

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Print Patient Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Patient or Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_