



## Welcome to Chest Medicine Associates

Chest Medicine Associates is a medical practice devoted to specialty care in Pulmonary, Critical Care and Sleep Medicine. Our physicians and staff are committed to providing exceptional quality care, prompt medical attention, and a personalized approach to health care problems. Our physicians and advanced practice providers are trained to prevent, diagnose, and treat lung diseases and sleep disorders.

We welcome you to our practice and are pleased that you and your referring physician have chosen Chest Medicine Associates for your medical care.

\_\_\_\_\_ has requested a consultation

appointment for you at our office for your pulmonary / sleep care.

Your appointment is scheduled for:

A questionnaire about your health and medical history is enclosed. Please complete and return it to our office as soon as possible. You can mail the completed questionnaire in the enclosed addressed envelope. Or, if you prefer, you can fax it to us at 207-828-0188. **It needs to be returned at least 3 business days prior to your appointment or you may have to reschedule your visit.**

If you would like to learn more about our practice, please visit our website at **[www.cmamaine.com](http://www.cmamaine.com)**.

If you have any questions or need to change the scheduled appointment, please call our office at 207-828-1122.

Thank you again for choosing us to provide your care.

Sincerely,

Chest Medicine Associates

**Directions to Chest Medicine Associates**  
100 Foden Road, West Building, Suite 103  
South Portland, Maine 04106

**Free parking is available on-site.**

**FROM THE MAINE TURNPIKE, NORTH OR SOUTH – Toll Road (95)**

Take Exit 46 toward ME-22/ME-9/Jetport/Congress St. Turn right toward Johnson Rd/ME-9 West. Turn right at Johnson Rd/ME-9 West. Continue straight for 0.9 miles and at the third light turn right onto Foden Road. After driving a short distance turn left into 100 Foden Road.

**FROM CUMBERLAND FORESIDE – Interstate (295)**

Head south on Foreside Road/State Route 88. Bear right at Kings Highway and take first right towards US-1 South. After half a mile, turn left at US-1 South. Follow road until it merges with I-295 South. Once on I-295 South, take exit 3 for ME-9/Westbrook Street. Turn right onto Westbrook Street. At second light, turn right onto Western Avenue. Once on Western Avenue, at the first light, take a left onto Foden Road. 100 Foden Road will be on your left.

**FROM BUXTON**

Head southeast on Long Plains Road/ME-22. Turn slight left onto Portland Road/ME-22 and follow for approximately eight miles. Turn right onto Skyway Drive. Follow for approximately half a mile and turn right onto Western Avenue. Follow this road for approximately one mile, and turn right onto Foden Road. 100 Foden Road will be on your left.

**FROM MAINE MEDICAL CENTER (BRAMHALL STREET) – Interstate (295)**

Head northeast on Bramhall Street toward Hill Street. Turn left onto Congress Street. After half a mile, turn right at St. John Street. Turn left onto Park Avenue. Take slight right to merge onto I-295 South/US-1 South toward South Portland. Follow this road for two miles. Take exit 3 for ME-9/Westbrook Street. Turn right onto Westbrook Street. At second light, turn right onto Western Avenue. Once on Western Avenue, at the first light, take a left onto Foden Road. 100 Foden Road will be on your left.

PATIENT REGISTRATION

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

Male:  Female:  Date of Birth: \_\_\_\_/\_\_\_\_/\_\_\_\_ Age: \_\_\_\_\_

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

City/Town: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Home Telephone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

Email: \_\_\_\_\_ Social Security Number: XXX-XX-\_\_\_\_\_

Ethnicity:  Hispanic or Latino  Not Hispanic or Latino  Other

Race:  African American  Asian  Indian  Native American

Caucasian (White)  Other \_\_\_\_\_

Language:  English  Other \_\_\_\_\_ Interpreter Needed?  Yes  No

Primary Care Physician: \_\_\_\_\_ Telephone: \_\_\_\_\_

Primary Insurance: \_\_\_\_\_ Policy #: \_\_\_\_\_

Secondary Insurance: \_\_\_\_\_ Policy #: \_\_\_\_\_

Is your visit covered under Workman's Compensation?  Yes  No

Pharmacy \_\_\_\_\_ Address \_\_\_\_\_

Emergency Contact: \_\_\_\_\_ Relationship: \_\_\_\_\_ Phone: \_\_\_\_\_

I give permission for \_\_\_\_\_ to receive/discuss information regarding my care with Chest Medicine Associates medical staff.

I acknowledge receipt of the Notice of Privacy Practices prepared by Chest Medicine Associates. Also, I acknowledge that I have had an opportunity to ask questions about the practice's Notice of Privacy Practices (See Pamphlet Enclosed).

\_\_\_\_\_  
Patient Signature

\_\_\_\_\_  
Date

**Financial Policy**

We are committed to providing you with the best possible medical care. If you have special needs, we will work with you. The following information is provided to avoid any misunderstanding or disagreement concerning payment for professional services rendered to you.

- Bring your insurance card(s) at every visit.
- **Be prepared to pay your copay and any outstanding balance at each visit.** Payment may be made by cash, check, debit card, Visa, Master Card, Discover or American Express.
- **Self-pay patients will be expected to bring \$100.00 to their initial appointment for a Consultation Visit or a Pulmonary Function Test.** If you do not have insurance, you will be asked to make payment arrangements for the balance.
- If you have insurance in which we do not participate, our office will file the claim on your behalf. **It is your responsibility to verify provider's participation status with your insurance company's member services department (number is on your insurance card).**
- If you are unable to pay for necessary medical care, you may be eligible for financial assistance. It is your responsibility to inform us prior to the visit.
- It is your responsibility to bring any required referrals for treatment **at, or prior to, the visit.** If you do not have the referral, you may be financially responsible.
- If the patient is a minor (less than 18 years old), the parent or guardian must sign below. The parent, guardian, or unaccompanied minor is responsible for any payment due at the time of service and should bring the necessary referrals and insurance card.

If you have questions about your insurance, we are happy to assist you. Specific coverage issues, however, should be directed to your insurance company's member services department (number is on your insurance card.) **It is the patient's responsibility to verify if there are any benefit or pre-existing exclusions on their policy.**

**If you ever need to cancel or reschedule an appointment, we ask that you kindly notify us at least 24 hours before** your appointment so that we may offer the appointment to someone else who needs our services.

**If you do not show up for your appointment without providing at least 24 hours' notice, you will be charged the following fees** (exceptions for extenuating circumstances may be made at our discretion):

- Sleep study: \$250**
- Consultation Visit or Pulmonary Function Test: \$50**
- Behavioral Sleep Medicine Services \$50**

We will assess a \$25.00 service fee for any checks returned unpaid. If your payment is not received within 30 days of the statement date, your account will be considered delinquent. If your account is delinquent, we will turn your account over to a collection agency and may list your default with credit reporting agencies.

Our practice firmly believes that a strong physician/patient relationship is based upon understanding and good communication. Questions about financial arrangements should be directed to the Chest Medicine Associates Business Office at 207.828.0493.

***I have read the above Financial Policy and agree to its terms.***

\_\_\_\_\_  
Signature of Patient or Responsible Party

\_\_\_\_\_  
Date

\_\_\_\_\_  
Printed Name

\_\_\_\_\_  
Date of Birth

<b>Last Name:</b>	<b>First Name:</b>
<b>Date of Birth:</b>	

**Reason for Visit:** \_\_\_\_\_

**Do you have any of the following symptoms? Please check (✓) NO or YES:**

**Constitutional**

Chills \_\_\_\_\_NO \_\_\_YES  
 Fatigue \_\_\_\_\_NO \_\_\_YES  
 Fevers \_\_\_\_\_NO \_\_\_YES  
 Insomnia \_\_\_\_\_NO \_\_\_YES  
 Night sweats \_\_\_\_\_NO \_\_\_YES

**Eyes/Ears/Nose/Throat/Mouth**

Itchy eyes \_\_\_\_\_NO \_\_\_YES  
 Watery eyes \_\_\_\_\_NO \_\_\_YES  
 Nasal congestion \_\_\_\_\_NO \_\_\_YES  
 Frequent sneezing \_\_\_\_\_NO \_\_\_YES  
 Hoarseness \_\_\_\_\_NO \_\_\_YES  
 Post nasal drip \_\_\_\_\_NO \_\_\_YES  
 Snoring \_\_\_\_\_NO \_\_\_YES

**Respiratory/Lungs**

Cough \_\_\_\_\_NO \_\_\_YES  
 Shortness of breath \_\_\_\_\_NO \_\_\_YES  
 Coughing up blood \_\_\_\_\_NO \_\_\_YES  
 Sharp pain w/ breathing \_\_\_\_\_NO \_\_\_YES  
 Coughing up mucus \_\_\_\_\_NO \_\_\_YES  
 Wheezing \_\_\_\_\_NO \_\_\_YES  
 Tuberculosis exposure \_\_\_\_\_NO \_\_\_YES  
 Positive TB skin test \_\_\_\_\_NO \_\_\_YES

**Cardiovascular/Heart**

Chest pressure/pain \_\_\_\_\_NO \_\_\_YES  
 Swelling in legs/feet \_\_\_\_\_NO \_\_\_YES  
 Short of breath lying flat \_\_\_\_\_NO \_\_\_YES  
 Palpitations \_\_\_\_\_NO \_\_\_YES

**Gastrointestinal**

Trouble swallowing \_\_\_\_\_NO \_\_\_YES  
 Heartburn \_\_\_\_\_NO \_\_\_YES  
 Reflux \_\_\_\_\_NO \_\_\_YES

**Genitourinary**

Blood in urine \_\_\_\_\_NO \_\_\_YES  
 Night time urination \_\_\_\_\_NO \_\_\_YES

**Metabolic/Endocrine**

Recent weight gain \_\_\_\_\_NO \_\_\_YES  
 Amount \_\_\_\_\_ pounds  
 Recent weight loss \_\_\_\_\_NO \_\_\_YES  
 Amount \_\_\_\_\_ pounds

**Neurologic/Psychiatric**

Morning Headaches \_\_\_\_\_NO \_\_\_YES  
 Memory problems \_\_\_\_\_NO \_\_\_YES  
 Difficulty concentrating \_\_\_\_\_NO \_\_\_YES  
 Anxiety \_\_\_\_\_NO \_\_\_YES  
 Depression \_\_\_\_\_NO \_\_\_YES  
 Sleep disturbance \_\_\_\_\_NO \_\_\_YES

**Skin**

Rash \_\_\_\_\_NO \_\_\_YES  
 Itching \_\_\_\_\_NO \_\_\_YES

**Musculoskeletal**

Joint pain \_\_\_\_\_NO \_\_\_YES  
 Joint swelling \_\_\_\_\_NO \_\_\_YES  
 Muscle aches \_\_\_\_\_NO \_\_\_YES  
 Muscle weakness \_\_\_\_\_NO \_\_\_YES

**Hematologic**

Easy bleeding \_\_\_\_\_NO \_\_\_YES  
 Easy bruising \_\_\_\_\_NO \_\_\_YES

**Immunology**

Hay fever \_\_\_\_\_NO \_\_\_YES  
 Hives \_\_\_\_\_NO \_\_\_YES

**Allergies**

Drug/Food/Environment	Type of Reaction

**Prescription Medications**

Drug	Dosage Strength	Frequency

**Non-Prescription/Over the Counter (OTC) Medications/Herbal Remedies/Vitamins**

Drug	Dosage Strength	Frequency

**Personal and Family Histories: Please check (√) all that apply**

	Self	Family		Self	Family
Anemia			High cholesterol		
Asthma			HIV		
Cancer Type:			Hypertension		
COPD (chronic bronchitis or emphysema)			Collapsed Lung (pneumothorax)		
Cystic Fibrosis			Pulmonary embolism		
Depression/Anxiety			Pulmonary fibrosis		
Diabetes			Pulmonary hypertension		
Heartburn/Reflux			Sarcoidosis		
Heart disease			Seizures		
Heart failure			Sleep apnea		
Heart valve problem Type:			Stroke		
			Tuberculosis		
Other:					

### Surgical History

Please list any surgeries or procedures that you have had:

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### Social History

**Occupation:** \_\_\_\_\_

**Previous or Current Occupational Hazards:**

None known       Dust       Asbestos       Toxic fumes  
 Toxic chemicals      Other: \_\_\_\_\_

**Marital Status:** \_\_\_\_\_

**Smoking Status:**

Never       Current Smoker       Former Smoker  
                                           \_\_\_\_\_ Packs per day       \_\_\_\_\_ Packs per day      Year quit \_\_\_\_\_  
                                           \_\_\_\_\_ Years smoked       \_\_\_\_\_ Years smoked

**Alcohol use:**

NO    YES      Type: \_\_\_\_\_      Average # drinks /week \_\_\_\_\_

**Caffeine use:**

NO    YES      Daily amount: \_\_\_\_\_

**Please check the type of heating system in your home:**

- |                                              |                                           |
|----------------------------------------------|-------------------------------------------|
| <input type="checkbox"/> Electric baseboard  | <input type="checkbox"/> Forced hot air   |
| <input type="checkbox"/> Hot water baseboard | <input type="checkbox"/> Kerosene Monitor |
| <input type="checkbox"/> Radiant             | <input type="checkbox"/> Wood stove       |

Other: \_\_\_\_\_

**Do you exercise on a regular basis?**     NO     YES    Type: \_\_\_\_\_

**Pets in home:**     None     Farm Animals  
                           Bird         Dog  
                           Rodents     Cat

**Current Recreational Drug Use:**

NO     YES    Type: \_\_\_\_\_

**Advanced Directives**

None     Living Will     DNR     Other Directive

Heath Care Proxy: \_\_\_\_\_

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

Phone Number: (    ) \_\_\_\_\_

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

\_\_\_\_\_

\_\_\_\_\_

**Patient Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_



## *Epworth Sleep Score*

*How likely are you to fall asleep or doze off in the following situations? Even if you have not done some of these things recently, try to estimate how they would affect you.*

*Please place a check (✓) in the appropriate box.*

	<i>Never</i>	<i>Sometimes</i>	<i>Usually</i>	<i>Almost Always</i>
<i>Sitting and reading</i>				
<i>Watching TV</i>				
<i>Sitting quietly after lunch (without alcohol)</i>				
<i>Sitting and talking with someone</i>				
<i>Sitting, inactive in a public place (like a movie or meeting)</i>				
<i>As a passenger in a car for an hour without a break</i>				
<i>In a car, as the driver, stopped for a few minutes in traffic</i>				
<i>Lying down to rest in the afternoon</i>				

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

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

## NOTICE OF PATIENT PRIVACY PRACTICES

**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.**

Each time you visit a healthcare provider, a record of your care and treatment is made and kept. Typically this record (called “protected health information”) contains your name, address and phone number, along with your symptoms, examination and test results, diagnoses, treatment, a plan for future care or treatment, and billing-related information. This Notice applies to all of the records of your care generated by your health care provider. You have a right to a paper copy of this Notice of Privacy Practices.

### ***Our Responsibilities***

We at Chest Medicine Associates take the protection of your personal information seriously. We are required to provide you with this Notice of Privacy Practices to tell you about our legal duties and ways we may use and share your information, and to inform you about your rights regarding your health information. We give a small number of examples to describe what the categories mean, but not every use or disclosure can be listed on this Notice.

We will ask you to sign a written acknowledgment of receipt of our Notice. We reserve the right to change the terms of this Notice and post the current Notice in our office and on our website at [www.cmamaine.com](http://www.cmamaine.com). You may obtain an updated Notice from our practice at any time.

If you have any questions about this Notice, please contact our Privacy Officer, Celeste Sartor, at 207-828-1122.

### ***How We May Use and Disclose Protected Health Information***

#### ***For Treatment***

We will use and disclose your protected health information to provide, coordinate, or manage your healthcare and related services in our office or with a third party. For example, we may share your protected health information with a pharmacy for filling prescriptions, a laboratory or imaging center if you need diagnostic services, with another physician to whom we

refer you, or with a home health agency that provides care to you. We may share information with family members or close friends if they are involved in your care.

#### ***For Payment***

We will use your protected health information to get paid for your healthcare services. We may share information with your insurance company, or Medicare or Medicaid, to obtain payment for services or to seek pre-approval for a hospital stay or procedures.

#### ***For Healthcare or Business Operations***

We may disclose your protected health information to support the business activities of this office, such as reviewing our care and our employees, for education and training, for licensing, to support our electronic health record system, or for legal or accounting matters. We may use a sign-in sheet at the registration desk, we may call you by name when we are ready to see you, and we may contact you to remind you of your appointment, which might include leaving a message on an answering machine. If we involve third parties, such as billing services, in our business activities, we will have them sign a "business associate agreement" obligating them to safeguard your protected health information according to the same legal standards we follow.

#### ***When Allowed by Law***

The law allows us to use or disclose your protected health information in certain situations, including:

- When required by state or federal law;
- As needed in emergency situations, if you are incapacitated;
- To report abuse or neglect;
- To persons authorized by law to act on your behalf, such as a guardian, health care power of attorney or surrogate;
- For disaster relief purposes, such as to notify family about your whereabouts and condition;
- For public health activities such as reporting on or preventing certain diseases;
- To comply with Food and Drug Administration requirements;
- For health oversight purposes such as reporting to Medicare, Medicaid or licensing audits, investigations or inspections;

- Where required by U.S. Department of Health and Human Services to determine our compliance;
- In connection with Workers' Compensation claims for benefits;
- To assist medical examiners, coroners or funeral directors in carrying out their duties;
- To comply with a valid court order, subpoena or other appropriate administrative or legal request, for example if you are involved in a lawsuit or to assist law enforcement where there was a possible crime on the premises. We may also share your information where necessary to prevent or lessen a serious or imminent threat to you or another;
- For medical or scientific research, if the researchers have protocols to ensure your privacy;
- If you are an inmate, we may release your information for your health or safety in the correctional facility;
- We may share your information with appropriate military entities if you are a member or veteran of the armed forces;
- We may be required to disclose information for national security or intelligence purposes.

#### ***With your Authorization***

Other uses and disclosures will be made only with your written authorization limited to a certain timeframe. For example, we will ask for your written permission before promoting a product or service to you for which we will be paid by a company, and generally before sharing your health information in a way that is considered a sale under the law. If you sign an authorization, you may revoke it at any time, except where we have already shared your information based upon your permission.

#### ***Future communications***

We may communicate with you via newsletters, mailings or other means regarding treatment options, information on health-related benefits or services, to remind you of an appointment, or other community based activities in which our facility is participating. If you do not wish to receive these materials, please contact our privacy officer.

#### ***Your Rights***

Following is a statement of your rights with respect to your protected health information.

**You have the right to inspect and copy your protected health information.**

- This usually includes medical and billing records. You must submit a written request to us, and you agree to pay the reasonable costs associated with complying with your request before we provide you with your record;
- You may ask us to provide your electronic record in electronic format. If we are unable to provide your record in the format you request, we will provide the record in a form that works for you and our office. You may ask us to transmit your record to a specific person or entity by making a written, signed request.
- Under certain circumstances, for example if disclosure might endanger your or another person's health or safety, your provider may not allow you to see or access certain parts of your record. You may ask that this decision be reviewed by a different licensed professional.

**You have the right to request to receive confidential communications** and request contact from us by alternative means or at an alternative location. For example, you can ask that we use a different address for billing purposes. Please make such a request in writing.

**You have the right to request a restriction of your protected health information.**

- This means you may ask us not to use or disclose all or part of your protected health information for certain purposes. We will consider your request carefully, and may honor reasonable requests where possible. We ask that you make this request in writing. The law does not require us to agree to every request;
- If you wish to restrict certain sensitive or other health information from your insurer after you or your personal representative have paid out of pocket in full for your services, please discuss this request with us. We will honor your request where we are not required by law to make the disclosure. If your insurance plan "bundles" your services together so that we cannot withhold only one item or service from your claim, we will discuss your options with you.
- You may also request that any part of your protected health information not be disclosed to family members or friends who may be involved in your care or for notification purposes as described in this Notice of Privacy Practices. Your request must state the

specific restriction requested and to whom you want the restriction to apply.

**You have the right to receive an accounting** of certain disclosures we have made of your protected health information. Please speak with us if you have this request. Please note that we cannot take back any disclosures already made, and we are required to keep our records of your care.

**You have the right to request amendment of your protected health information.** While we cannot erase your record, we may add your or our written statement to your record to correct or clarify the record where your provider approves. If the provider disapproves, you may submit a statement of disagreement which we must place in your record, and we may submit a rebuttal, which will remain with your record.

**Breach notification.** We are required to have safeguards in place that protect your health information. In the event that there is a breach of those protections, we will notify you, the U.S. Department of Health and Human Services and others, as the law requires.

**You may file a complaint with us** by notifying our Privacy Officer with your written complaint. We will not retaliate against you for filing a complaint with us or the Office of Civil Rights.

**You may complain to the Office of Civil Rights at the Department of Health and Human Services (OCR)** if you believe your privacy rights have been violated by us. You should contact the OCR in writing at:

<http://www.hhs.gov/ocr/privacy/hipaa/complaints/index.html>

**Privacy Officer:** Celeste Sartor (207) 828-1122 x156



## Health Insurance Portability and Accountability Act of 1996

### Notice of Privacy Practices

Effective April 14, 2003  
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100 Foden Road, West Building, Suite 103  
South Portland, Maine 04106-2351

Telephone: (207)828-1122 Fax (207)828-0188

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