



ASHEVILLE INTEGRATIVE MEDICINE

James Biddle, M.D.

Annual Visit Form

We request that you provide the following information so that we may best meet your needs at your upcoming visit. Please bring this with you to your visit, along with any medical records available.

Name: _____ DOB: _____

Address: _____

City: _____ State: _____ Zip: _____

Telephone: Home (____) _____ Cell (____) _____ Other (____) _____

Emergency Contact: _____ Phone: (____) _____

Are you covered by Medicare or Medicaid YES/NO _____

Primary Physician: _____

Address: _____ Phone: (____) _____

If you want us to communicate with this doctor please circle "YES" and initial here: YES/NO _____

Current Medications (including dosage, Example: Minocin 100mg 2 xs daily):

Current Supplements (including dosage):

Have you had any surgeries since your visit? (Circle one) YES / NO If yes, when and what?

Have you been hospitalized since your visit? (Circle one) YES / NO If yes when and what for?

Please bring records with you from the previous year to include the following:

Any lab results

Colonoscopy

Bone Density

Report from your most recent visit with another medical practitioner

Females: Mammogram, Pap smear or Thermogram

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Tips to get the most from your visits:

- Make a list of new or changing symptoms and questions you want to ask the doctor.
- Bring a list of current medicines, supplements & vitamins, including dosages. A copy of your supplement list (which will be kept in your chart) is mailed to you with dictation from your second visit. Please keep this list up-to-date and bring to all appointments with you.
- Bring any past medical records if you have them. The doctor will decide which ones we need to make copies of.
- Bring any recent (within 1 year) lab reports or tests done by other doctors. This will save you time and money!
- Before your visit, check all prescription medications to see if you will need refills in the next couple of months. Bring the bottles of ones needing refills to your visit.
- Bring a list of any new medications or supplements prescribed by other doctors (or yourself). Include the medication name, strength, and how often you are taking it, or bring the bottle. If you are curious about a new product or supplement, bring in the ingredient list and strength.
- Bring your Medicare or Medicaid card with you. Labs cannot be billed to Medicare/Medicaid without your card.
- To avoid confusion and delayed or denied Medicare/Insurance claims, use your legal names on all forms. Your medical chart is a legal document. If you wish to be called by a nickname, that can be put on your chart also.
- Drink water!!! Unless you have been specifically told not to drink water, drink water!!! The nurses have a much harder time finding veins in dehydrated people. Also, if it is cold outside, dress warmly. Cold constricts veins.
- Plan to arrive at the office 10 minutes before your visit. This will allow time for you to be checked in and have your vital signs taken. Allow time for unexpected delays like having to stop for gas or traffic back-ups. We strive to run on time at AIM. If you are late, we will not be able to extend the length of your appointment in respect to the remaining patients on the day's schedule.
- Have realistic expectation of what can be accomplished in the scheduled time.