Benjamin D. Frock, M.D.

30 Burton Hills Blvd., Suite 375, Nashville, TN 37215
Phone 615-327-4877 | Fax 615-327-4881
http://benfrockmd.com

Patient Information:

Last Name:_____ First:_____ MI:_____

Preferred name (if different from legal name):_____

Date of Birth: _______________ Age: _____ Gender: _____

Preferred Phone Number:_____ Email:_____

Address:_____

City: _____ State: _____ Zip Code: _____

Patient Employer/Occupation: _____ Phone: _____

Preferred Pharmacy: _____ Phone: _____

Pharmacy Address/Neighborhood:_____

Who referred you to Dr. Frock? _____

Emergency Contact Information:

Name: _____ Relationship to patient: _____

Phone: _____ Email: _____

Electronic Mail (EMAIL) Policy:

By agreeing to communicate via email, you assume a certain degree of risk of breach of privacy beyond that inherent in other modes of traditional communication (such as telephone, written, or face-to-face). We cannot ensure the confidentiality of our electronic communications against purposeful or accidental network interception. Due to this inherent vulnerability, we will save email correspondence with you. These communications should be considered part of the medical record; therefore, you should consider that our electronic communications may not be confidential and included in your medical chart. Never send emails of an urgent or emergent nature, and please contact the office if you have not received a reply within 24 hours.

*I have read and agree to the terms of the email policy

Signature: _____ Date:_____

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Insurance Policy:

As an out-of-network provider, Benjamin D. Frock, M.D. is not contracted with nor will accept payment from insurance companies. You can request a statement of service and payment to file insurance for yourself (aka "superbill"). Additionally, Benjamin D. Frock, M.D. opted out of Medicare. Please notify the office if you have Medicare insurance; you will need to sign an additional form, as Dr. Frock or the patient cannot file this insurance.

Payment Policy:

Payment is required in full at the time of service. We accept credit, debit, checks, and cash (please note we do not keep change in the office for cash payments but are happy to put a credit on your account if you do not have exact cash). We will keep a credit card on file to charge at your appointments for your convenience.

Credit/Debit Card Payment for Appointments:

I/we authorize Benjamin D. Frock, M.D. to bill the below credit/debit card for professional services at the time of my appointment. If a credit card is used, I understand there will be an additional credit processing fee. I will notify Benjamin D. Frock, M.D. in writing if I no longer want my credit/debit card billed. I understand that if I do not want my credit card billed for this purpose, I am still responsible for these fees and will be billed accordingly.

Signature: _____ Date:_____

Payment Information:

_____ Visa _____ Master Card _____ Discover _____ AMEX

Name on Card: _____ **Card #**: _____

Exp. Date: _____ / _____ **Security Code**: _____ **Billing Zip Code** _____

Credit/Debit Card Payment for Missed or Cancelled Appointments:

I authorize Benjamin D. Frock, M.D. to charge the above card when I do not give advance notice for a late cancellation or no-show, as per the policies below. I understand that if I do not want my credit card billed for this purpose, I am still responsible for these fees and will be billed accordingly.

Signature: _____ Date:_____

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Appointment Charges / Cancellation Policy:

We do not overbook appointments; therefore, all slots are explicitly reserved for each patient. If you need to change or reschedule an appointment, please call our office as soon as possible so we can accommodate other patients who wish to be seen.

All rates are established before your appointment is scheduled. If you have questions about appointment fees, please feel free to discuss these with Dr. Frock. Rates are based on a 45-minute or a 25-minute appointment time frame. If sessions go beyond your scheduled time, additional fees will apply.

We require a 24-hour cancellation notice for existing clients and a 5 business-day notice for new patient evaluations. Patients will be charged the full session rate if they cancel an appointment within each respective time frame.

Paperwork Policy:

Requests to complete forms or other paperwork (such as FMLA or disability) may result in additional charges that reflect hourly rates. The fee will depend on the time needed to complete forms appropriately, and this may include writing, chart review for supporting clinical documentation, preparing/sending faxes, and other administrative tasks.

Office Hours:

Dr. Frock's schedules patients by appointment only. The front office is open:

Monday to Thursday: 9:00 AM – 12:00 PM & 1:00 PM – 4:00 PM
Friday: 9:00AM – 2:00PM
Closed Saturday & Sunday

If you need to contact the office regarding an appointment, billing questions, or general needs, please call during these hours.

After Hour Emergencies:

To reach your doctor after office hours, call the main office at 615-327-4877 and press 0 to be connected to our answering service. You may hear silence while the line connects; please wait on the line. The answering service will page your doctor or the on-call doctor for any urgent needs. If you are experiencing an emergency and cannot wait, please call 911.

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Medication Refill Policy:

Medication refill requests require 24-hour notice. If medication refills are required between appointments, please have your pharmacy send us a refill request. If you need to call for a refill, you can do so during posted business hours. Refills will be communicated to your pharmacy within 24 hours during regular business hours. After-hours and weekend requests may not be called in until the next business day. Please call with your prescription information and dosage and your pharmacy name, location, and phone number. We will need this information to complete your refill request.

Patient Medication Agreement:

Prescription fraud, diversion, and misuse are known challenges facing the healthcare industry. As a result, some clinics refuse to write certain controlled medications or those carrying some abuse potential.

While this effort may be helpful in some instances, we feel that omitting certain medications outright limits the overall effectiveness of the care we aim to provide. To provide optimal care while prioritizing patient safety, we will take many measures as detailed below.

Please read, review, and sign to demonstrate understanding of the Patient Medication Agreement.

- I understand that prescriptions for controlled medications will always include database monitoring and may include urine drug testing as appropriate.

- I agree to receive any prescribed or controlled substances from Benjamin D. Frock, M.D., and will not seek duplicate prescriptions from other providers

- I understand that it is a felony to obtain medications by fraudulent means, possess medications without a legitimate prescription, or sell/give medication to others

- I understand that lost or stolen medications will not be refilled early.

- If appointments are not kept or scheduled, I understand that certain prescriptions will not be refilled.

We hope there is a limited negative impact from the above measures and that you understand the actions taken to safeguard against fraud and misuse.

Signature: _____ Date:_____

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Consent to Treatment and Patient Financial Responsibility:

- I have read the above policies, and I understand and agree to follow them. I agree to be treated by Benjamin D. Frock, M.D., and when necessary, any doctors covering in his absence.

- I authorize Benjamin D. Frock, M.D. to release any information requested by my insurance company or pharmacy concerning patient care regarding billing or prescription needs.

I, the undersigned, regardless of any insurance coverage, am financially responsible for all charges for services rendered. Office policy requires payment at the time of service. I understand that unpaid balances over 30 days may be subject to a late fee. I understand that outstanding balances over 90 days are past due and may be referred to a collection agency.

Person Responsible for Payment

(complete only if the patient is NOT paying the bill):

Name of person responsible for bill: _____

Date of Birth: _______________

Preferred Phone Number:_____ Email:_____

Address:_____

City: _____ State: _____ Zip Code: _____

Termination of Treatment:

Patients are not obligated to continue treatment. If you decide to terminate at any time, you are encouraged to discuss your decision with your doctor.

Signature: _____ Date:_____

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HIPAA Privacy Rule
Receipt of Notice of Privacy Practices
Written Acknowledgement Form

Acknowledgment of receipt of Information Practices Notice (§164.520(a))

I, _____, (patient's name) understand that this facility originates and maintains health records describing my health history, symptoms, examination and test results, diagnosis, treatment and any plans for future care or treatment. I acknowledge that I have been provided with and understand that this facility's Notice of Privacy Practices provides a complete description of the uses and disclosures of my health information.

I understand that:

- I have the right to review this facility's Notice of Privacy Practices before signing this acknowledgment.

- This facility reserves the right to change its Notice of Privacy Practices, and before implementation of this, will mail a copy of any revised notice to the address I've provided if requested.

Signature of Individual or Legal Representative Witness_____

Printed Name of Individual or Legal Representative _____

Date: _____

FOR OFFICE USE ONLY

We attempted to obtain written acknowledgment of receipt of our Notice of Privacy Practices, but it could not be obtained because:

- ☐ Individual refused to sign
- ☐ Communication barriers prohibited obtaining the acknowledgment
- ☐ An emergency situation prevented us from obtaining acknowledgment
- ☐ Others (please specify)

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Treatment Overview

Have you ever seen a psychiatrist? If yes, who provided treatment/what was your diagnosis?

Are you currently or have you previously been in therapy? If yes, with who and for how long?

Current medication regimen (including supplements):

Previous psychiatric medication trials:

Current medical providers (please include primary care, specialists, or other relevant info):

Provider	Role	Phone

Notice of Privacy Practices

(Medical)

THIS NOTICE DESCRIBES HOW MEDICAL INFORAMTION ABOUT YOU MAY BE USED AND DISCLOSED AND HOW YOU CAN GET ACCESS TO THIS INFORMATION. PLEASE REVIEW IT CAREFULLY.

The Health Insurance Portability and Accountability Act of 1996 ("HIPAA") is a federal program that requires that all medical records and other individually identifiable health information used or disclosed by us in any significant new rights to understand and control how your health information is used. "HIPAA" provides penalties for covered entities that misuse professional health information.

As required by "HIPAA", we have prepared this explanation of how we are required to maintain the privacy of your health information and how we may use and disclose your health information.

We may use and disclose your medical records only for each of the following purposes: treatment, payment, and health care operations.

- Treatment means providing, coordinating, or managing health care and related services by one or more healthcare providers. An example of this would include completing a prior authorization for medication on your behalf through your insurance company and pharmacy.
- Payment means such activities as obtaining reimbursement for services, confirming coverage, billing or collection activities, and utilization review (a health insurance company's opportunity to review a request for medical treatment.) An example of this would be sending a bill for your visit to your insurance company for payment or communication with your insurance company regarding treatments you have received or requested that have been billed to them.
- Health care operations include the business aspects of running our practice, such as conducting quality assessment and improvement activities, auditing functions, cost-management analysis, and customer service. An example would be an internal quality assessment review.

We may also create and distribute de-identified health information by removing all references to individually identifiable information.

We may contact you to provide appointment reminders or information about treatment alternatives or other health-related benefits and services that may be of interest to you.

We may communicate with you by email through an encrypted email system as referenced in your new patient paperwork.

We may call your name in the waiting area which could be overheard by others.

Any other uses and disclosures will be made only with your written authorization. You may revoke such authorization in writing, and we are required to honor and abide by that written request, except to the extent that we have already taken actions relying on your authorization.

You may have the following rights with respect to your protected health information, which you can exercise by presenting a written request to your provider:

- The right to request restrictions on certain uses and disclosures of protected health information, including those related to disclosures to family members, other relatives, close personal friends, or any other person identified by you. We are, however, not required to agree to a requested restriction. If we do agree to a restriction, we must abide by it unless you agree in writing to remove it.
- The right to reasonable requests to receive confidential communications of protected health information form us by alternative means or at alternative locations.
- The right to inspect and copy your protected health information.
- The right to amend your protected health information.
- The right to receive an accounting of disclosures of protected health information.
- The right to obtain a paper copy of this notice from us upon request.

We are required by law to maintain the privacy of your protected health information and to provide you with notice of our legal duties and privacy practices with respect to protected health information.

This notice is effective as of January 1, 2011, and we are required to abide by the terms of the Notice of Privacy Practices currently in effect. We reserve the right to change the terms of our Notice of Privacy Practices and to make the new notice provisions effective for all protected health information that we maintain. You may request a written copy of the Notice of Privacy Practices from this office at any time.

You have recourse if you feel that your privacy protections have been violated. You have the right to file written complaint with our office, or with the Department of Health & Human Services, Office of Civil Rights, about violations of the provisions of this notice or the policies and procedures of our office. We will not retaliate against you for filing a complaint.

For more information about HIPAA or to file a complaint:

The U.S. Department of Health & Human Services
Office of Civil Rights
200 Independence Ave, S.W.
Washington, D.C. 20201
(202) 619-0257
Toll Free: 1/877/696/6775

PATIENT HEALTH QUESTIONNAIRE (PHQ-9)

NAME: _____ **DATE:** _____

Over the *last 2 weeks,* how often have you been bothered by any of the following problems?
(use "✓" to indicate your answer)

	Not at all	Several days	More than half the days	Nearly every day
1. Little interest or pleasure in doing things	0	1	2	3
2. Feeling down, depressed, or hopeless	0	1	2	3
3. Trouble falling or staying asleep, or sleeping too much	0	1	2	3
4. Feeling tired or having little energy	0	1	2	3
5. Poor appetite or overeating	0	1	2	3
6. Feeling bad about yourself—or that you are a failure or have let yourself or your family down	0	1	2	3
7. Trouble concentrating on things, such as reading the newspaper or watching television	0	1	2	3
8. Moving or speaking so slowly that other people could have noticed. Or the opposite—being so fidgety or restless that you have been moving around a lot more than usual	☐	1	2	3
9. Thoughts that you would be better off dead, or of hurting yourself in some way	0	1	2	3

add columns: _____ + _____ + _____

(Healthcare professional: For interpretation of TOTAL, please refer to accompanying scoring card.) **TOTAL:** _____

10. If you checked off *any* problems, how *difficult* have these problems made it for you to do your work, take care of things at home, or get along with other people?

- **Not difficult at all** _____
- **Somewhat difficult** _____
- **Very difficult** _____
- **Extremely difficult** _____

ZT242043

Generalized Anxiety Disorder 7-item (GAD-7) scale

Over the last 2 weeks, how often have you been bothered by the following problems?	Not at all sure	Several days	Over half the days	Nearly every day
1. Feeling nervous, anxious, or on edge	0	1	2	3
2. Not being able to stop or control worrying	0	1	2	3
3. Worrying too much about different things	0	1	2	3
4. Trouble relaxing	0	1	2	3
5. Being so restless that it's hard to sit still	0	1	2	3
6. Becoming easily annoyed or irritable	0	1	2	3
7. Feeling afraid as if something awful might happen	0	1	2	3
Add the score for each column	+	+	+	
Total Score *(add your column scores)* =				

If you checked off any problems, how difficult have these made it for you to do your work, take care of things at home, or get along with other people?

Not difficult at all _____
Somewhat difficult _____
Very difficult _____
Extremely difficult _____

Source: Spitzer RL, Kroenke K, Williams JBW, Lowe B. A brief measure for assessing generalized anxiety disorder. *Arch Inern Med.* 2006;166:1092-1097.

THE MOOD DISORDER QUESTIONNAIRE

Instructions: Please answer each question to the best of your ability.

	YES	NO
1. Has there ever been a period of time when you were not your usual self and...	☐	☐
...you felt so good or so hyper that other people thought you were not your normal self or you were so hyper that you got into trouble?	☐	☐
...you were so irritable that you shouted at people or started fights or arguments?	☐	☐
...you felt much more self-confident than usual?	☐	☐
...you got much less sleep than usual and found you didn't really miss it?	☐	☐
...you were much more talkative or spoke much faster than usual?	☐	☐
...thoughts raced through your head or you couldn't slow your mind down?	☐	☐
...you were so easily distracted by things around you that you had trouble concentrating or staying on track?	☐	☐
...you had much more energy than usual?	☐	☐
...you were much more active or did many more things than usual?	☐	☐
...you were much more social or outgoing than usual, for example, you telephoned friends in the middle of the night?	☐	☐
...you were much more interested in sex than usual?	☐	☐
...you did things that were unusual for you or that other people might have thought were excessive, foolish, or risky?	☐	☐
...spending money got you or your family into trouble?	☐	☐
2. If you checked YES to more than one of the above, have several of these ever happened during the same period of time?	☐	☐

3. How much of a problem did any of these cause you – like being unable to work; having family, money or legal troubles; getting into arguments or fights? *Please check one response only.*

☐ No Problem ☐ Minor Problem ☐ Moderate Problem ☐ Serious Problem

4. Have any of your blood relatives (i.e. children, siblings, parents, grandparents, aunts, uncles) had manic-depressive illness or bipolar disorder?	☐	☐
5. Has a health professional ever told you that you have manic-depressive illness or bipolar disorder?	☐	☐

Adult ADHD Self-Report Scale (ASRS-v1.1) Symptom Checklist

Patient Name		Today's Date	

Please answer the questions below, rating yourself on each of the criteria shown using the scale on the right side of the page. As you answer each question, place an X in the box that best describes how you have felt and conducted yourself over the past 6 months. Please give this completed checklist to your healthcare professional to discuss during today's appointment.

	Never	Rarely	Sometimes	Often	Very Often
1. How often do you have trouble wrapping up the final details of a project, once the challenging parts have been done?					
2. How often do you have difficulty getting things in order when you have to do a task that requires organization?					
3. How often do you have problems remembering appointments or obligations?					
4. When you have a task that requires a lot of thought, how often do you avoid or delay getting started?					
5. How often do you fidget or squirm with your hands or feet when you have to sit down for a long time?					
6. How often do you feel overly active and compelled to do things, like you were driven by a motor?					

Part A

7. How often do you make careless mistakes when you have to work on a boring or difficult project?					
8. How often do you have difficulty keeping your attention when you are doing boring or repetitive work?					
9. How often do you have difficulty concentrating on what people say to you, even when they are speaking to you directly?					
10. How often do you misplace or have difficulty finding things at home or at work?				☐	
11. How often are you distracted by activity or noise around you?					
12. How often do you leave your seat in meetings or other situations in which you are expected to remain seated?					
13. How often do you feel restless or fidgety?					
14. How often do you have difficulty unwinding and relaxing when you have time to yourself?					
15. How often do you find yourself talking too much when you are in social situations?					
16. When you're in a conversation, how often do you find yourself finishing the sentences of the people you are talking to, before they can finish them themselves?					
17. How often do you have difficulty waiting your turn in situations when turn taking is required?					
18. How often do you interrupt others when they are busy?					

Part B