

## Mind Body and Soul Holistic Health - HeartMath Intake Form

### DISCLAIMER

*The HeartMath® system is a result of a significant body of psycho-social, scientific, medical and spiritual research that has become a user-friendly system of steps that assist a person in their daily living to manage stress and reach their goals in more balanced, authentic ways. It is a path to greater health and wellbeing on all fronts. The techniques are scientifically proven to regulate emotions, improve thinking and clarity, create inner peace and improve medical conditions such as hypertension, addictions, diabetes, depression and anxiety in people with chronic illness such as Post Traumatic Stress Disorder and Congestive Heart Failure, and can decrease a number of overwhelming medical and emotional concerns due to the regulatory effect techniques have on the central nervous system. The benefits are scientifically verified and innumerable even reaching into improved academic and sports achievement – research continues in many fields and users consistently report improved quality of life.*

***Please Note: the techniques and self-discovery that your Certified HeartMath® Coach/Mentor and Provider helps you create through the Institute of HeartMath® are NOT a substitute for medical and/or psychological/psychiatric treatment.***

***HeartMath® is a personal transformation system that greatly reduces stress, and is an ideal companion to many therapies and protocols. Please inform your other health care providers that you have taken on the regulatory and self-discovery practice of HeartMath® to keep them aware of what you are doing to support your well-being, and stay on track with all your health care protocols as you learn to work with HeartMath® techniques.***

**Mind Body and Soul Holistic Health - HeartMath Intake Form**

Name:

First: \_\_\_\_\_ Last: \_\_\_\_\_

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

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

Emergency Contact: Name \_\_\_\_\_ Phone: \_\_\_\_\_

Your Contact E-mail: \_\_\_\_\_

**Do you presently have any medical issues that may be of concern during a HeartMath® session i.e., asthma, social anxiety, panic attacks, arrhythmia, seizure disorder.**

**On a scale of 0 – 10, if 10 is the worst stress you have ever experienced and 0 is the least, how would you rate your stress level numerically right now?** \_\_\_\_\_

**How did you hear about our HeartMath® services?** \_\_\_\_\_

**What are your goals in using HeartMath® services at Mind Body and Soul Holistic Health?**

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

**Cancellation Policy**

*Scheduling an appointment is the reservation of time put aside specifically for me. I acknowledge a mutual understanding of the value of our time. I understand that at Mind Body and Soul Holistic Health - 24 hours' notice is required to reschedule or cancel HeartMath,*

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

