Praxis Kessler
Eppendorfer Weg 132, 20253 Hamburg | +49 40 4309 1820 | hallo@praxis-kessler.de
praxis-kessler.de

Patient details and appointment

Please review the contact details and tell us how to reach you before and after the first appointment.

Form fields

PATIENT ID
PAT-100482

DATE OF BIRTH
14 Mar 1989

ADDRESS
Kastanienallee 42, 10435 Berlin

PHONE
+49 151 4400 1820

EMAIL
anna.schmidt@example.test

INSURANCE
Techniker Krankenkasse

EMERGENCY CONTACT
Mara Schmidt, sister, +49 170 2211 9420

PREFERRED LANGUAGE
German

Appointment preparation

- [x] I can attend in person at the Hamburg practice.
- [x] I consent to appointment reminders by SMS.
- [x] I would like invoices sent through the patient portal.
- [ ] I need barrier-free access support.

Reason for visit

Persistent bloating, variable energy, and cycle-related headaches. Wants a structured naturopathic review before starting a longer treatment plan.

Praxis Kessler
Eppendorfer Weg 132, 20253 Hamburg | +49 40 4309 1820 | hallo@praxis-kessler.de
praxis-kessler.de

Symptoms and health background

This page helps Nora Kessler understand the pattern, timing, and prior workup behind the main concerns.

Form fields

MAIN SYMPTOM DURATION
Approximately 8 months

CURRENT GP
Dr. med. Carla Vogt

KNOWN DIAGNOSES
Migraine without aura; seasonal allergic rhinitis

RECENT TESTS
Basic blood panel in May 2026, no urgent findings

PREGNANCY STATUS
Not pregnant

ALLERGIES
Birch pollen, mild oral allergy to raw apples

Symptoms reported in the last 30 days

- [x] Digestive discomfort after meals
- [x] Headaches or migraine episodes
- [x] Sleep disruption
- [ ] Unplanned weight change
- [ ] Chest pain or fainting
- [ ] New neurological symptoms

Patient context

Symptoms are worse during heavy work weeks. Patient reports regular meals but often eats late. No red-flag symptoms reported on this form.

Praxis Kessler
Eppendorfer Weg 132, 20253 Hamburg | +49 40 4309 1820 | hallo@praxis-kessler.de
praxis-kessler.de

Medication, supplements, and lifestyle

Please list everything taken regularly so the practitioner can screen for interactions and avoid duplicated recommendations.

Form fields

CURRENT MEDICATION
Cetirizine 10 mg as needed during allergy season

SUPPLEMENTS
Magnesium glycinate 200 mg nightly; vitamin D drops

DIET PATTERN
Mostly vegetarian, includes eggs and dairy

CAFFEINE
2 coffees per day

ALCOHOL
1-2 glasses of wine per week

EXERCISE
Yoga twice weekly, cycling commute

SLEEP
6.5-7 hours, wakes once most nights

STRESS LEVEL
7 / 10 during current project phase

Care preferences

- [x] I prefer gentle stepwise changes over strict protocols.
- [x] I am open to nutrition tracking for two weeks.
- [x] I am open to herbal recommendations.
- [ ] I currently use anticoagulant medication.

Patient goals

Understand digestive triggers, reduce headache frequency, and create a realistic plan that fits a demanding work schedule.

Praxis Kessler
Eppendorfer Weg 132, 20253 Hamburg | +49 40 4309 1820 | hallo@praxis-kessler.de
praxis-kessler.de

Consent and signatures

The intake form is not a diagnosis. Urgent symptoms should be assessed by emergency or conventional medical services.

Form fields

CONSENT VERSION
KESSLER-INTAKE-2026-01

FORM STATUS
Ready for practitioner review

SUBMITTED
04 Jun 2026

PRACTITIONER
Nora Kessler

Patient acknowledgements

- [x] The information provided is accurate to the best of my knowledge.
- [x] I understand naturopathic care may complement but not replace medical care.
- [x] I consent to secure storage in circleOS.
- [ ] I consent to sharing this intake with external providers automatically.

Signatures

PATIENT SIGNATURE	NAME	DATE
	Anna Schmidt	04 Jun 2026

PRACTICE REVIEW	NAME	DATE
	Nora Kessler	Pending appointment