

The information contained in the Regional Medical Center's SpineAware Risk Assessment is for personal use only and is not intended to diagnose, cure, mitigate, treat or prevent disease or other conditions and is not intended to provide a determination or assessment of the state of health. Always consult a licensed healthcare professional to make healthcare decisions or before starting any diet or exercise program. We make no warranties, expressed or implied, in connection with the SpineAware Risk Assessment or the performance of the SpineAware Risk Assessment, nor shall we be held responsible or liable for any costs or damages related to use of the SpineAware Risk Assessment or any information provided there from.

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.

As a provider of medical content, we understand the sensitive nature of each communication and transaction that we have with you. As such, we give you the power to determine how much information you provide us, as well as the ability to cancel your relationship with us at any time. You should remember that this Privacy Policy only applies to the information you provide to the Regional Medical Center on our Website and via this form. It does not apply to information that is provided as part of normal patient/provider communications as governed by applicable patient confidentiality law.

INFORMATION COLLECTION AND USE

You have the right to place particular restrictions on the ways that we use and disclose your personal health information; however, we do not in all cases have to comply with your request. You also have the right to receive confidential communications from us that include your health information.

You have the right to inspect and to copy health information we collect from you. You also have the right to amend that information if it is incorrect or incomplete. You have the right to an accounting of the disclosures we make of your health information. Should you decide that you would like to remove or change information we have on file for you, or if you wish to revoke any privileges granted to us as it related to your personal information, please send a written request request to the Regional Medical Center, Vice President of Compliance.

The Regional Medical Center is the sole owner of the information collected on our Website and this form. We will not sell, share or rent this information to any third party in ways different from what is disclosed in this privacy policy.

The Regional Medical Center collects information from users including name, address, email address, zip code, gender, date of birth, medical information, age (range) and password. We do not collect financial information on the profile.

Additionally, we will occasionally collect information in surveys and questionnaires via emails or forms. Participation in these surveys or completion of a form is completely voluntary, and each user has a choice whether or not to disclose this information. Information requested may include contact information (such as name and address), and demographic information (such as zip code and age level), and in the case of practice surveys, the information may be medical information. Medical information is considered to be part of normal patient-provider communications and is governed by applicable patient confidentiality law.

DISCLOSURE OF INFORMATION

Unless otherwise explained in this paragraph, the Regional Medical Center will not disclose any medical or other identifiable information about you gathered on our Website and this form without your prior consent to do so. This includes information that could be used to identify you or to contact you. In limited circumstances, we may release personal information to third parties (1) to comply with valid legal requirements such as a law, regulation, search warrant, subpoena or court order, or (2) in special cases, such as a physical threat to our users or others.

The Regional Medical Center retains a vendor to operate our Website. That vendor may have access to some or all of the information you disclose on our Website and this form. We require that each of our vendors agree not to use or disclose any of your protected information beyond what is reasonably necessary to operate and maintain the Website on our behalf. Each of our vendors is prohibited from disclosing any information that could identify you without our authorization to do so.

The Regional Medical Center may share aggregate information with other third parties without your written authorization or consent. For example, we might share information regarding the number of users of our site and the type of activities they conduct while using our site. We would potentially share composite demographic information about our users as a whole, but not personal information that can identify any user. Depending upon the circumstances, we may or may not charge third parties for this information.

SECURITY

If a user has any concerns regarding the security of information, the user should not provide any information until the user is comfortable with our security measures. The Regional Medical Center will protect your personal information against loss, misuse or alteration while your information is under our control. The servers used to store the information collected on this site are kept in a secure location, behind a locked cage. Additionally, our site is hosted by a third party organization that uses SSL encryption to protect sensitive information collected online during the survey process. We may change any part of this Policy at any time. We may then apply the new policy to all of the health information we have collected from you. If we revise this Policy, we will post the new provision on our Website. You may also obtain a copy of any revision by contacting us as indicated above.

By returning this form you acknowledge that you have read and understand this Privacy Policy and you are comfortable that your personal information will be adequately protected.

Back pain is a real problem in the United States. Four out of five people in the U.S. will experience lower back pain at some point in their life - a staggering 208 million people. Back pain is the second most common neurological ailment in the United States - only headache is more common.

Your report will be sent to you within three weeks. If it is determined that you are at risk, the South Carolina Orthopaedic Institute, a Regional Medical Center practice, will contact you and refer you to your family physician for follow up.

For more information, call the South Carolina Orthopaedic Institute at [803-531-0126](tel:803-531-0126).

Register for your personalized health report

Title: Mr. Ms. Mrs. Dr.

First name: _____ MI: _____

Last name: _____

Address: _____

City: _____ State: _____

ZIP: _____ Birth date: ____ / ____ / ____

Email: _____

Daytime phone: _____

Do you have a Primary Care Doctor? Yes No

Are you interested in receiving emails on the following topics?

- Heart health Fitness
- Smoking cessation Nutrition

The Joint and Spine Center
The Regional Medical Center
3000 St. Matthews Road
Orangeburg, SC 29118-9988

BUSINESS REPLY MAIL
FIRST-CLASS MAIL PERMIT NO. 203 ORANGEBURG SC
POSTAGE WILL BE PAID BY ADDRESSEE



NO POSTAGE
NECESSARY
IF MAILED
IN THE
UNITED STATES



Collis Hoffman
Orangeburg, SC

How are you feeling today?

Spine Health (Neck or Back) Free Risk Assessment

+ rmc
Joint and Spine Center
at the Regional Medical Center

1. What is your age? _____

2. What is your gender? _____

3. What is your ZIP code? _____

4. What is your ethnic origin? (Optional)

- Caucasian
- African-American
- Hispanic
- Asian/Pacific Islander
- American Indian/Alaska Native
- Other

5. What is your height?

_____ feet _____ inches

6. What is your weight?

_____ pounds

7a. Do you use tobacco products or smoke cigarettes?

- Yes
- No (Skip to question 8)
- No but have smoked before (Skip to question 7d)

7b. How long have you been using tobacco or smoking?

- Less than 1 year
- 1-9 years
- 10-19 years
- 20 or more years

7c. How many cigarettes do you smoke a day?

- Less than 1 pack
- 1 pack
- 2 packs
- More than 2 packs
- I smoke cigars or chew tobacco

7d. How long ago did you quit using tobacco or stop smoking?

- Less than 1 year
- 1-4 years
- 5-9 years
- 10 or more years

7e. How long had you been using tobacco or smoking?

- Less than 1 year
- 1-4 years
- 5-9 years
- 10 or more years

8. How many days a week do you usually participate in 30 minutes or more of exercise/recreational sports or other physical activities?

- None
- 1 day
- 2 days
- 3 days
- 4 days
- 5 days
- More than 5 days

9. Have you been told by your doctor that you have arthritis?

- Yes
- No
- Unsure

10a. Do you have pain, swelling, aching or stiffness in your back?

- Yes
- No (Skip to question 11)
- Unsure

10b. Have you had these symptoms for more than one year?

- Yes
- No
- Unsure

10c. Do these symptoms prevent you from participating in athletic or other activities?

- Yes
- No
- Unsure

10d. Are these symptoms worse after a period of inactivity such as getting out of bed in the morning, riding in a car for long distances, sitting in a movie theater or at a sporting event?

- Yes
- No
- Unsure

11. Do your knees or hips hurt during or after climbing steps?

- Yes
- No
- Unsure

12a. Do you take prescription medication or narcotics for relief of your back or neck pain?

- Yes
- No

12b. How often?

- Daily
- Weekly
- Monthly

13. Have you experienced numbness, weakness, cramping, or general pain in the legs?

- Yes
- No

14a. Are you experiencing pain that radiates down your leg(s)?

- Yes
- No

14b. Is this pain worse than the pain felt in your lower back?

- Yes
- No
- It is the same

15. Do you have pain, swelling, aching or stiffness in your back?

- Yes
- No
- Unsure

16. Is your back or neck pain due to a traumatic injury such as a motor vehicle crash or fall?

- Yes
- No

Thank you for taking our survey.

By supplying your information, you will receive a **free** report based on your answers.

Please visit www.trmchealth.org for more information.



Joint and Spine Center
at the Regional Medical Center

Please See Our Other Programs:

CANCERaware
COLON

Colorectal cancer is the third most common cancer in the United States (among both males and females) and the second leading cause of cancer death. Screening and early detection can effectively help treat the majority of these cases.

CANCERaware
BREAST

It is estimated that nearly 200,000 women will be diagnosed with breast cancer this year and more than 40,000 will die. The lifetime risk of any particular woman getting breast cancer is 1 in 8 and although prevalence in women is greater, men are also at risk for developing breast cancer.

CANCERaware
PROSTATE

Every man over the age of 45 is at risk for prostate cancer, but that risk increases dramatically with age. In fact, more than 70% of men diagnosed with prostate cancer are over the age of 65.

DIABETESaware

23.6 million Americans (7.8% of the population) have diabetes; 17.9 million are diagnosed, and 5.7 million are undiagnosed. An additional 57 million are pre-diabetic, and 1.6 million new cases of diabetes are diagnosed every year.

HEARTaware

Over 80 million American adults (more than one in three) have cardiovascular disease (CVD). Nearly 2,300 Americans die of CVD every day – that's one death every 38 seconds. This number can be significantly reduced through education and early detection.

JOINTaware

Joint pain is among the most prevalent chronic conditions with nearly 20 million Americans reporting activity limitations due to arthritis. Arthritis results in 750,000 hospitalizations and 36 million outpatient visits each year.

SLEEPaware

Approximately 18 million Americans have obstructive sleep apnea (OSA), and 10 million are undiagnosed. More than 50% of Americans over the age of 65 have a sleep problem.