



健康管理機構

膳食部 Address: 337 S. Monroe St San Jose CA 95128 TEL: (650) 938-5888 / (408)326-2158 Fax :(408)273-6304
E-Mail:isan888@isanhouse.com www.isanhouse.com

Postpartum Health Consultation Questionnaire
產後健康管理諮詢表

姓名 NAME : _____ 中文名: _____

生產醫院Hospital : _____ City _____

生產紀錄: 我是第 _____ 胎this is my _____ baby
我計畫以Plan to deliver by 自然產Naturally 預產期Due: _____
剖腹產Caesarean 剖腹日期 Expected Date: _____

客戶地址Address : _____

電話號碼Cell : _____ 緊急連絡電話: _____

電子郵件 E- Mail : _____

個人健康及飲食習慣諮詢 / Individual health and diet history :

- 1. 我不吃 / I DO NOT EAT :
肉類Meat 雞肉/Chick 豬肉/Pork 牛肉/Beef 羊肉/Goat 鶉鷄/Quail 豬腳/Pork Feet
海鮮/Seafood 全魚/Fish(with Bone) 魚片/Fish Filet 海參/Sea Cucumber
貝類 / Shellfish 蝦/Shrimp 鮑魚/Abalone 淡菜/Dry Mussel 蛤/Clam
內臟Organs 肝/ Liver 腰 /Kidney 肚/ Pork Stomach
堅果類Nuts 核桃/walnut 松子/ Pine seed 花生/Peanuts 豆類/Bean
蛋/Egg 牛奶類/ Milk 台灣米酒/Rice Wine 中藥/Herbs
其他, 請列舉/others, please list _____

- 2. 孕期健康史/ pregnancy Medical History:
痔瘡/Hemorrhoids 妊娠水腫/Edema 妊娠糖尿/Diabetes 糖尿病/Diabetes 最高血糖指數/ Current Blood Sugar: _____ 體重/ Weight: _____
過敏反應/Allergic : _____
主要症狀/Cardinal symptoms: _____
高血壓/High Blood Pressure 血壓指數/Current BP: _____
是否有使用何種藥物/Other Medical Conditions: _____
Others: _____

是否有腸胃或消化系統方面問題? 是 / 否

Do you have stomach or digesting system problems? Yes No

是否有其他急、慢性疾病? 是 否

Do you have any other chronicle diseases? Yes No

Postpartum food 產後調理

Special Postpartum Meal Package 精緻月子	Price (including Tax) 所有費用均已含稅	order period	Amount
Comprehensive 28+2 days Postpartum package 28 天全階段調理(包含送 2 天 meal 生化湯/杜仲飲/乳乳茶)	\$3,220/30days Discount price \$2,950		Deposit \$1000
Comprehensive 38+2 days Postpartum package 38 天全階段調理(包含送 2 天 meal 生化湯/杜仲飲/通乳茶)	\$4,370/40days Discount price \$3,650		Deposit \$1000
Postpartum meal / 1 day try-out 1 天全階段月子調理試餐(包含送生化湯或替代飲品) Postpartum meal / 14 day 14 天全階段月子調理餐(包含送生化湯/杜仲飲/乳乳茶)	\$115/day \$1,610/14 days Discount \$1,560		Noninstallment
VEGEN Postpartum Meal Package 素食月子餐	\$120/day \$1,630 / 14 days \$2,980/28+2 (Deposit \$1000) \$3,685/38+2 (Deposit \$1000)		Noninstallment
Delivery & Service Tip	(Option 5%, 10%, 15% or other all appreciated)		
FOR OFFICE ONLY 以下由經辦人員計算總金額			
Mileage	Rate	X Trip	Amount
<p>Delivery- You may be charged or refund the delivery fee by any reschedule delivery. The extra fees or refund will be calculated when the service finishes. 運費計算:本公司於送餐結束時, 將按實際送餐次數計算, 多退少補</p> <p>Payment option</p> <ul style="list-style-type: none"> • Cash • Personal Check or on-line Bill pay • Zelle / Quick Pay <li style="padding-left: 20px;">Business Name: I San House Inc <li style="padding-left: 20px;">Account E-Mail: payment@isanhouse.com • Credit Card - Visa and Master American Express <li style="padding-left: 20px;">There is 6% Credit Card Service charge will be added 			

簽名 Signature

日期 Dat

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Order Agreement 訂購合約書

I 本人, _____ 同意以下之合約 agree below contract terms :

1. 送餐通知: 請打 650-938-5888, 並請告知產婦姓名, 生產醫院, 聯絡電話和病房號碼

Request delivery service: Please call 650-938-5888 and confirm with mom's name, delivery hospital, phone number and room number.

通知休餐: 須於下午3點鐘前來電告知 All re-schedule deliver, please notice customer service before 3pm,

2. 當日送餐服務通知: 須於清晨4點鐘前來電告知送餐服務。所有客戶送餐時間為星期一至星期六(包括週日餐點)約上午5:00 到上午9:00。實際到達時間需視當日交通狀況而定。無法接受指定時間送餐 Inform food deliver service, Please make sure call before 4am, All delivery hours: Monday to Saturday(including Sunday) 5:00AM – 9:00AM。We do not accept any specific requested time delivery

3. 為保持客戶與送餐服務員安全, 益膳坊僅提供無接觸送餐方式, 僅以簡訊方式通知餐點到達, 請客戶盡快領取, 以確保餐點的新鮮度與包裹被盜的疑慮。In order to ensure the safety of customers and food delivery personnel, I-San House only provides non-contact food delivery. the driver will text to inform the package has arrived. To ensure food fresh and won't get stolen, please make sure to pick up the package as soon as possible.

4. 保存方式: 本公司餐點均每日新鮮烹調, 為維持餐點品質穩定, 所有餐點全部經封膜配置及低溫處理, 請於每日收到餐點後, 即刻點收並將餐點放入冰箱冷藏室, 以保持新鮮。

Preservation: our food is prepared fresh daily. To maintain freshness of your meal, all of our food packaging has been upgraded to thermal sealing packing system and low-heat process method. Please put your food into the refrigerator immediately after receiving your daily meal to maintain freshness.

5. 精緻月子餐均為套餐包裝, 所有餐點內容安排均為套餐服務, 公司拒絕客戶僅選擇單一性食材配料, 所有食材可能因所有食材可能因季節或其他因素隨時更替, 故本公司享有修改菜單的權利

The exquisite confinement meals are packaged, the company refuses any requested specific ingredients by customers. All ingredients may be changed at any time due to seasons or other factors, so the company has the right to modify the menu

6. **All contract discount prices are guaranteed and not accept any changes. If the contract has any re-arrangement or cancel, the company will calculate all costs based on the new adjusted price.** 此合約折扣價格於公司新價格調整期, 為保證價格。所以此合約恕不接受任何變動。一旦有任何更新, 本公司將按新調整價格計算所有費用

All information is true and complete in providing my health condition and dietary preferences. If there are any complications in result of errors or incompleteness of the above information, I will forfeit my rights to pursue any further legal actions 所有內容皆完整且詳實的填寫本人的健康及飲食狀況。如有任何因本人所提供之資料所引發之飲食方面問題, 本人將放棄一切對益膳坊公司 (I-San House, Inc.) 之法律追訴權。

I HAVE CAREFULLY READ THIS AGREEMENT AND FULLY UNDERSTAND ITS CONTENTS. By completing this agreement with I-San House Inc., I agree to pay all expenses in full or deposit at the time of signing. **Cancellation & Refund/Credit Policy:** For full refund, cancellation must be made within 14 days after signing contract and before meal service starts. Cancel fee \$100 if cancel contact after 14 days. **I have read and agree to the general and written policies as stated above. I understand that by signing this form I am entering into a legally enforceable agreement with I-San House.** 本人確實了解填寫此訂購合約書, 並於完成訂購手續時一併付清費用或訂金。如欲取消調理膳食之服務, 請於完成合約14天內通知本公司。現金及支票付費者, 本公司將全數退還訂餐費用, 訂餐超過14天尚未開始服務之退餐者本公司將收取手續費\$100元。顧客於訂購調理膳食服務時, 健康諮詢表及訂購合約書, 內容均經由本公司與顧客同意所製訂, 如有任何問題, 客方將放棄所有法律追訴權。

Signature 簽名

Date 日期

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