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www.IntegratedHolisticMedicine.com

www.appointmentforhealth.com

Dear Patient,

Welcome to our practice!

We are enclosing two questionnaires for you to complete. Like our care here, the health forms are comprehensive. Please answer all questions as fully as possible.

Please bring the completed information on your first visit:

- Health History Questionnaire
- Medication, Supplement, and Remedy Log

Please note that payment is due when services are rendered. We accept checks or cash. We do not accept credit cards or take insurance assignment.

If there is some reason you are unable to keep this appointment, kindly give us 24 hours notice.

We look forward to serving you and your family. Feel free to call if you have any questions before we see you.

Sincerely,

Susan Pelechaty
Administrative Director

PATIENT INFORMATION

For Acupuncture patients:

These guidelines will help you achieve maximum benefits from your treatments:

- Try to arrive without being rushed or hurried for your treatment
- Do not come in hungry!
Eat a meal about two hours before or a light snack **one hour** before your treatment
- Avoid brushing off tongue coating on the day of your treatment
- Do not exert yourself for several hours before or after your treatment
- Do not drink alcohol 3 hours before or after your treatment
- Do not bathe, shower, or exercise for 3 to 6 hours after treatment