



Dear New Patient,

Welcome to our office! We look forward to becoming your partner in assessing and improving your health. Before your first visit, please take a few moments to read over our website and the following paper work.

In your first visit, your provider will obtain a complete medical history. The key to functional medicine is treating each person as an individual and getting to the root cause of health problems. That generally entails a detailed conversation about your current state of health, health history, family history, diet, lifestyle habits, etc. At that point, we will discuss with you potential approaches and recommended laboratory workups. This visit will last approximately 60 minutes and is primarily an information gathering and sharing session. Your provider may make some simple recommendations at this time, but most advice will be deferred until after lab and physical exam results are in and there has been time to thoughtfully consider your case.

The second visit is generally scheduled two to four weeks later. Any physical exam that is indicated will be performed during your second visit. It is at that time that your provider will discuss the review of findings. This includes what may be causing your health problems and what supplementation (vitamin, minerals, herbs), diet, and lifestyle changes may be needed, as well as any or other medications that may be appropriate for your care. Follow-up visits are usually scheduled in approximately 4–8 weeks from this visit to evaluate progress and make any adjustments in your program.

How often you see your provider after that will depend on why you are being treated. Some healthy people see us only once a year for physical exams and screening lab tests. Many people who have multiple complaints are seen more often based on the severity of their condition.

If you have any further questions after reading the enclosed information, please call our office at 574-330-0464. We will be happy to assist you. Please be sure to complete all forms and bring them with you to your appointment. We look forward to working with you.

In health,

Erin & Blair
Integrative Health and Wellness