

## PREPARING FOR YOUR INITIAL APPOINTMENT

In order to help us best serve your healthcare needs, please refer to the list below to help you prepare for your upcoming appointment:

1. Bring a list of all current medications you are taking, including the specific dosages and frequencies with which you take your meds. Please include all vitamins and supplements.
2. Bring a list of any allergies you may have.
3. Write a list of questions/concerns you would like to discuss with our healthcare practitioners.
4. To insure you won't forget any important issues, bring along paper and a pencil to make notes.
5. Please be sure to bring your driver license/ID card, and all insurance information card(s), authorization forms, authorization numbers, etc. This will reduce a possible delay in being seen by our specialists.
6. Due to the nature of our practice (where sensitive or emergency situations can sometimes arise), our schedule may run behind from time to time. Please schedule your day accordingly. *Also, please note that we typically do not call patients throughout the day to alert them of any delays that may arise.*
7. Please bring all pertinent medical records, test results, and/or actual films (MRI, CT, X-ray, etc.) for the doctor's review.
8. Bring the names and numbers (fax and phone) of any healthcare providers with whom you would like us to share our information.

If you have any questions prior to your appointment, please don't hesitate to contact our offices at (970) 477-0700. We look forward to meeting you.