



Are You Ready for Your First Appointment?

Please review this checklist to ensure that you are prepared for your first appointment with our clinic!

- Complete online seminar

- Complete online insurance worksheet and submit

- Complete New patient paper work on line:
 - Annual Consent
 - Medical & Mental History
 - Nutrition & Exercise History

- Collect any previous medical records and bring them with you to your first appointment.
 - Lab work done within the last year
 - EKG done in the last 6 months
 - UGI, EGD, Colonoscopy reports
 - If you have any monitored weight loss at another facility that you would like us to review for consideration to meet the program/insurance requirements, please obtain those medical records and bring them with you.

- If you were told that your insurance requires a letter of recommendation from your primary care physician please obtain this and bring it with you