

PREPARING FOR YOUR INITIAL CONSULTATION

Welcome to our practice! As you prepare for your initial appointment with us, please take a moment to read these reminders.

Your time with us for your appointment will average about 90 minutes. Please arrive **10 minutes** before your appointment to check-in. Your follow-up appointments will not be lengthy as your initial appointment. The initial follow-up appointment is approximately 60 minutes from check-in to check-out.

Patient Forms:

Forms needed for your appointment are on our website at **WorthyWeightLoss.com** under the “*Patient Resources*” menu tab.

- Please complete **all** forms (Form 1 through Form 4) ***before*** you arrive for your appointment.
- Print Form 5 “Notice of Privacy Practices Act” and retain for your records.
- Complete Form 6 if you want us to obtain medical records from another provider. Please use one form per provider.
- Complete Form 7 if you want us to release medical records to another provider.

These forms can take up to 30 minutes to complete. Due to the nature of your appointment, sufficient time is not available to complete these forms when you check-in for your appointment. Please kindly take some time to complete the forms before you arrive to your appointment. Thank you.

Electrocardiography “EKG”:

- A current EKG will be needed for your appointment.
- If you had a recent EKG done, please provide it to the office before your appointment. If it is not available, an EKG will be done at your initial appointment.
- If you are having an EKG done during your appointment, Please:
 - ◆ Wear a button-down shirt/blouse; ◆ Remove any chest hair;
 - ◆ **Do not apply** lotions/ointments/powder to your chest area to enable us to perform the EKG.

Laboratory Testing:

Please **DO NOT FAST** for you initial appointment with us. A blood work order will be given to you at your appointment. Your blood work needs to be drawn no later than five (5) days after your initial appointment. Please check with your insurance company to determine what laboratory you need to use. Note that outside laboratories set their respective charges.

If you have current blood test results (not older than 90 days), please bring them to your appointment.

Please feel free to call our office at (972) 818-8800 with any questions you have.

Thank you!