



Dear

Hello and welcome to LeMay Chiropractic & Wellness. Your new patient evaluation has been scheduled for _____.
Please arrive **10 minutes** prior to your appointment time to allow for check in. Be sure to bring a picture ID with you.

In addition to this initial appointment, we have also scheduled your follow up appointment. That follow up appointment is scheduled for _____.

If you are unable to keep this appointment, please call us at 965-8171 at least 24 hours prior to your appointment to reschedule or cancel. You will receive a reminder phone call for your appointment. Please verbally confirm this appointment with our staff, or you may leave a message on our voice mail.

Your fee for the Initial Evaluation will be \$85 for a chiropractic exam or \$225 for a Nutrition Evaluation, in addition to any whole food nutritional supplementation that may be recommended to address your specific needs.

Before your first appointment there will be a few things that you need to do.

- ◇ **Please have nothing to eat 1 hour prior to your appointment and drink between 30-40 ounces of water, if possible.**
- ◇ Bring with you a copy of any recent blood work (if you have a copy), any medications that you are currently taking, and any supplements that you take regularly.
- ◇ Please complete the new patient paperwork and return it at least 48 hours prior to the time of your appointment.
- ◇ **Also, for the benefit of our allergy sensitive clients, we kindly request that you wear no perfumes or smelly deodorants and/or not smoke at least 2 hours prior to your appointment when visiting our office.**

Directions to the Office are found on our website or maybe attached.

We look forward to meeting and working with you. If you would like more information on our office, please go to our website at www.lemaychiropracticandwellness.com.

Sincerely,

Dr. Mark LeMay, D.C., A.C.N.

Doctor of Chiropractic, Applied Clinical Nutritionist