

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.

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 range depending on any insurance coverage, in addition to any whole food nutritional supplementation that may be recommended to address your specific needs. Please read the Whole Food Supplements brochure enclosed before your appointment so that you will know what to expect on your first visit.

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.**
* 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 enclosed paperwork and return it at least 2 days prior to the date of your appointment.
* **Also, for the benefit of our allergy sensitive clients, we kindly request that you wear no synthetic perfumes and/or not smoke at least 2 hours prior to your appointment when visiting our office.**

We have enclosed directions to the Office.

We look forward to meeting you and working with you. If you would like more information on our office, please go to our website at [www.lemaychiropractic.com](http://www.lemaychiropractic.com).

Sincerely,

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