

## PREPARING FOR YOUR INITIAL CONSULTATION

Welcome to our practice! As you prepare for your consultation, please take a moment to read these courtesy reminders.

Your time with us for your consultation 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 consultation and initial follow up appointment (60 minutes).

### Patient Forms:

Forms needed for your consultation are on our website at **WorthyWeightLoss.com** under the “**Resource**” menu tab.

- Please complete **all** forms (Form 1 through Form 4) **before** you arrive for your consultation.
- Print Form 5 “Notice of Privacy Practices Act” and retain for your records.
- Form 6 applies if you want to obtain medical records from another provider and submit to our practice.
- Form 7 authorizes our practice to release medical records to you or another provider.

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

### Electrocardiography “EKG”:

- A copy of your recent EKG will be needed. Please call our office if you have any questions.
- If you are obtaining an EKG 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:

If you have current laboratory test results, please bring them to your appointment.

You may choose to have your blood draw done through an outside laboratory of your choice. A laboratory requisition form will be provided to you at your appointment. Please note that outside laboratories set their respective charges. Test need to be drawn no later than five (5) days after your consultation.

If you have been scheduled to have your blood drawn at our practice, please do not eat or drink anything **8 hours** prior to your appointment except water. Please drink three to five 8-ounce glasses of water before your appointment.

*Please feel free to call our practice at (972) 818-8800 with any questions you have. Thank you!*