

# Preparing For Your Appointment . . .

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In order to prepare for your first appointment with us please do the following:

1. Read the attached documents.
2. Fill out the enclosed forms or  
Log on to our website, [www.myhealingpartner.com](http://www.myhealingpartner.com), and click on the “Care Options” tab on the first page, right side. Download the additional forms and fill them out.
3. Bring a list of all of your current nutritional supplements and a complete list of any medications you are taking with exact dosages and frequency taken (bring the bottles if this is easier).
4. Review and sign our Payment and Appointment Policy.
5. If applicable, call your insurance to check your out-of-network coverage before your first appointment.
6. We request you arrive 15 minutes before your appointment for our staff to prepare you for your visit. You will not have the opportunity to complete the forms during this time. Please complete them at home before your arrival.

## Anticipated Initial Costs:

- Initial consultation fee: \$186
- Introductory Acupuncture: \$32
- Laboratory charges will vary according to tests/your insurance coverage
- Suggested supplements will vary according to your needs (these can be covered by HSA/Flex Spending).

## Instructions for Prior Tests & Records:

1. If you have previous test results, we ask that you bring copies of these records to your appointment. These copied records will become part of your medical record and aid in your initial evaluation.
2. Please bring only *printed reproductions* of your medical records. Our office cannot be responsible for the return of original documents.
3. If you are requesting previous doctors’ offices to send medical records, please remember to allow ample time for them to comply with your requests.
4. Your right to privacy regarding medical records extends to your entire medical history and is not altered by changing providers, insurance companies, or type of practice.



Alliance Institute  
for Integrative Medicine