

## Welcome to True Health

Here are a few helpful tips to ensure you get the most from your first visit.

\_\_\_ Please read and fill out the enclosed forms. There are 3 additional pages. The doctor will not see you until all pages are filled out.

\_\_\_ Expect to be in the office **1-1.5 hours** your first visit. Subsequent visits may be less time but initially set aside for yourself several hours so you can get the most from your visit. At all of your visits we ask that you do not wear **PERFUME, COLOGNE OR ANY OTHER HEAVILY SCENTED PRODUCTS**. This includes essential oils, after-shave, and scented lotions. Many chemically sensitive patients use our facility and as a courtesy to them and the staff we appreciated your forethought in this matter.

\_\_\_ Be clear on what you want to get out of your visit. Write down questions before coming and make sure they get answered early in your visit. Clearly convey what problems are the most important and what you want to focus on.

\_\_\_ Please bring a small sample **IN A CLOSED CONTAINER** of any foods or chemicals you may want tested. For dry items, Ziplocs work great and you only need a small amount of product. For liquids, their original containers are fine or a clean baby food jar, etc. Solvents or chemical bottles that are not properly sealed (i.e. you can smell the chemical) will not be allowed in the office. Cosmetics are best left in their original containers.

\_\_\_ Wear comfortable clothing or bring along shorts or sweatpants to change into. This is especially important if being adjusted or doing rehab. If you have physical limitations that preclude you from being able to move yourself from standing to seating or lying down please inform the office in advance of the day of your visit so special arrangements can be made. Ladies, if wearing pantyhose, they will need to be removed prior to biofeedback scans After you've checked in at the front desk, please go to the restroom to remove them. The room where you will be tested does not offer appropriate privacy.

\_\_\_ Please bring along any recent test reports you've had done even if everything was in "normal" range. You have the right to request copies of these from your regular doctor, hospital or emergency room visit. You should have them sent to you or pick them up. Rarely is this necessary for children if they regularly see a pediatrician.

\_\_\_ You will be given numerous recommendations and information. It's a lot to absorb at one time. We find that the patients who bring a pad of paper to take notes or a close friend for an extra set of ears do best.

If you need to change the day or time of your visit please give us as much notice a possible. The further away from the actual day of your visit facilitates this the most. The same holds for future visits. As you know, we often have quite an extensive wait to get in so last-minute changes congest the schedule ever further and prevent others from getting the attention they need. We do our best to accommodate the day and time of day you need and waiting until the last minute makes this very difficult.

If you have any questions after your visit, make sure to call. It's important you know what to do and why you are doing it. You may need to call back five times because you thought of yet another question. We'll be happy to help you. The front desk staff is very good at getting the answers to your questions for you as quickly as possible. If you need to speak to the doctor personally, let the staff know that. Your call will be returned at the end of the workday if it's before 9 p.m. or the following morning. Consultation fees will be incurred as outlined in the financial policy.

We wish you the best of health and are proud to be part of your journey toward the most vibrant health possible for you.

Sincerely,

Dr. Jennifer Rockwood &

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