

# Your First Visit to Annapolis Integrative Medicine

## 1. Preparing for your first visit:

- a. Please complete on line forms and bring them with you to save time when you get to the office
- b. Completing the questionnaire will also make your visit more efficient and help us help you.
- c. Bring any laboratory or other test results you are able to, don't worry about overwhelming Dr Weiss.... the more comprehensive history available the better.
- d. Bring a list of all current medications and supplements you are taking, you are welcome to bring the actual supplements you are taking with you as there are many different brands and mixtures on the market, some of which I may not be familiar with.
- e. Write down all questions and concerns so you are prepared and don't forget any.
- f. If you are interested in beginning any protocol the same day as your first visit especially if you live some distance from the office please let the staff know prior to your appointment so that we can do our best to accommodate you. In order to do this you may need to get labs done prior to the appointment. Examples of this include:
  - i. BioTe Bioidentical Hormone Pellet therapy
  - ii. IV therapies
  - iii. Peptide Therapy

## 2. Following your first visit:

- a. Any testing you get through my office should be followed up by a call from my staff (sometimes by me if it is complex) whether or not the test is normal or not---- if you don't get a call please call us----occasionally results get lost or not delivered to us. DO NOT WORRY ABOUT BOTHERING US. Never assume that no news is good news!!!!!!
- b. It is best to sign up for our patient portal through Practice Fusion....my staff will help you with this, if you have problems or need assistance please contact my staff.
- c. If you have concerns or questions after the first visit or something isn't working for you please let us know.
- d. Please set up a follow up visit when checking out at the end of your first visit---if you don't do this, when you do call for an appointment you may have to wait weeks to months to get in.