

Instructions for Completing Questionnaires, Narrative, Gathering Labs, and Binder Preparation

The following are instructions for completing your health history forms, and for gathering and organizing the available information that you wish to be included in your evaluation. If you have additional information that you wish to be included in the evaluation and that was not requested here, please include it at the end of your binder.

Questionnaires. Please take some time to complete these questionnaires. The information you provide will help the physician guide the initial exam, testing and treatment options in order to optimize the quality of your care. It will also help you make the most of your first visit. The patient's history is the most important tool for finding previously undiagnosed problems and root causes of complex chronic illness.

Previous Lab Reports and Other Studies. Please make a binder that includes all the information that you have about your health history. Include reports from other physicians if available. Add all available laboratory results, even if very outdated. Place the most recent information on top, then add older reports. Please feel free to add notes within your binder. This information is usually very helpful. If you have imaging studies, please bring the films if available, not just the report. The physician likes to evaluate the films herself, as it usually provides additional information not usually included in all reports. **Males:** last PSA or prostate exam. **Females:** last GYN/PAP and Mammogram exam. **Cancer Patients:** please include all biopsy reports and previous or current treatments. **Athletes.** Please include a copy of all cycles of your training program and diary during/after competition days, including rest days. Add copies of previous metabolic testing, such as VO2Max/sub-max and at rest (RMR). **Children.** Current height/weight, growth charts from primary doctor, all available labs and reports, previous and current treatments, special diets and results of those treatments, if any. Follow instructions below for a complete narrative.

Other Evaluations. Information about all your physicians. All doctor evaluations should be included, such as physician specialists: (MD, DO, MBBS) ophthalmologists, neuro, allergist, gastroenterologist, endocrinologist, psychiatrists, etc.; dentists (DDS), chiropractors (DC), and naturopathic physicians (ND). **Alternative Providers.** If you have information about other providers, such as: naturopaths, nutritionists, herbalists, acupuncturist, or other, please include them in this binder as well. **Behavioral and Occupational Reports for Children.** If applicable to your child, please include all psychologist and therapist information in your binder.

Narrative. When patients come to visit us, they have usually done multiple and extensive evaluations with several other health care providers. Please include in a short narrative all the information that you remember about your health, since the earliest you remember being completely healthy, up until now. Include events that you think have affected your health throughout your life, even if other providers, or even family members have dismissed such events as important. This is usually the most important piece of the puzzle. Add this narrative to the top of your binder. **Children.** If this is a minor and parents have a different idea about what has affected your child, please include two separate narratives. If you come to visit for a behavioral or attention problem, please list in your narrative details of behavior in different settings (school, home, park, daycare, etc.). You may include a narrative from each behavioral provider and caregivers other than parents, if applicable.

Bring the completed binder to your visit. The physician will review it and return to you at the end of the visit. If you are an extremely complex patient, please contact the office to drop-off your binder at least 1 week before your visit. It will be returned to you after review. Telemedicine patients will have to send their binders by mail, if extensive.