**FULL DISTANCE THERAPY WELCOME PACKET**

Thank you for choosing Full Distance. This welcome packet contains five forms to be completed prior to initiating services:

**1. Billing & Cancellation Form**

**2. Client Intake Form**

**3. COVID-19 Informed Consent Form**

**4. Hipaa Consent Form**

**5. Medication List Form**

Please fax the forms to Cheque Claims at 571-363-2753 or scan and email them to [office@chequeclaims.com](mailto:office@chequeclaims.com). Cheque Claims Management, LLC is our billing agency. They will be verifying your insurance, sending your claims to the insurance company and sending your patient statement out once a month. Any questions on your patient statement or regarding your insurance billing for our services, please contact Stacy Danforth or Kelly Orrenmaa at 440-992-6770.

Welcome to our practice! We are honored to be your therapy team and are committed to providing you with the best care we can. Our hope is to form a partnership to keep you as well as possible, no matter what your current state of health. We will offer our clinical expertise, encourage you to work towards a healthy lifestyle, and share the responsibility for your overall well-being.

**Our Mission:**To design a lifelong fitness and wellness plan customized for all ages and stages, challenging mind, body and spirit - preparing the whole person to move onward and upward to exceed their goals together and FINISH STRONG.

[Here](http://www.aafp.org/fpm/990500fm/23.html#13) are some important steps you can take toward better health:

• Daily stretching and meditation

• 30 minutes of moderate intensity activity 5x/week (150 minutes/week)

• 2-3x/week upper and lower body strengthening and balance training

Your therapy team will help you begin working towards these goals. In addition, we want everyone to be involved in our wellness maintenance program. You will begin receiving our monthly newsletter via email with healthy tips and updates on our practice. Please visit our website, ask your therapist or email us at [team@fulldistance.com](mailto:team@fulldistance.com) for more information on additional services we offer including companion care, personal training and our virtual fitness classes.

We look forward to helping you or your loved one reach their full potential.

Sincerely,

Dr. Alina and your FULL DISTANCE Team