



## **Frequency Wellness Remote Client Instructions**

Firstly, Thank you for choosing 369Health in assisting you with your wellness goals. We are delighted that you are starting this journey and wish you all the success and wellbeing going forward.

Here at 369 Health we are, of course, a business but as individuals we recognize how important feeling good is for our bodies, our minds and our souls. This is our ethos and we hope to bring that balance and peace to you.

### **New Client Forms:**

Please print, fill in and sign the form. A copy of it will accompany this. Once completed please email it to [369heathuk@gmail.com](mailto:369heathuk@gmail.com) or post the original to the address below

### **DNA Sample:**

Each individuals nail clippings should be contained in a clean and sealed pouch, this can be plastic, paper or card, whichever you have. Each sample must be clearly labeled with the individuals name and the date. Before taking the sample, please wash the area thoroughly, scrubbing any dirt or foreign DNA away. Multiple clippings should be included in sample pouch.

### **Household Sample:**

Each sample should be contained in a clean and sealed pouch like the DNA sample. If the sample is not solid then it can be stuck between two pieces of clean masking tape. Each sample should be labeled and dated. Multiple samples from different areas of the home may be included here if you deem it necessary.

All samples and original New Client Forms are to be sent to the following:

369 Health Ltd  
27 Forest Lane  
Kirklevington  
Yarm  
TS15 9LX

**Phone: 01642 424265**  
**Mobile: 073418 46883**  
**[369healthuk@gmail.com](mailto:369healthuk@gmail.com)**  
**[www.369health.love](http://www.369health.love)**