

VITAL LINK WELLNESS CENTER

Elly Jenkyns, BSc., ND; Naturopathic Doctor
“Reclaim, Restore & Replenish Body Mind & Spirit”
Located at Vital Link Wellness Centre in Grimsby (289) 235-8200

Dear NewPatient,

You have just taken an important step towards optimizing your health. Thank you for the confidence that you are demonstrating through your decision to consult with me. I acknowledge and respect your commitment to pursue improvement in your state of health. I will help you achieve your goals with a responsible approach to your own health. It has been found that lasting improvements in one's health take place in the presence of heightened focus, dedication and education. It is with this in mind that I appreciate your adherence and patience to your prescribed program.

It is essential to remember that you need to be patient with your body. Just as it probably took quite some time for your condition to develop, it may also take several months to notice significant improvements.

I am sending you a package of intake forms to complete before our first visit together. Please complete them as accurately as possible and bring them with you to our visit together. Your careful consideration of each of the enclosed questions will enhance our efficiency, improves the accuracy of your assessment and will provide for more effective use of your scheduled consultation time. Note that you will need to get started on the Diet Diary promptly, as this requires time and careful attention (being sure to reflect your usual dietary habits). If there is a question that you do not know the answer to, simply leave it blank for the time being and proceed to the next. You may find the completion of these forms a valuable process in itself. If you feel we have overlooked anything, please add it to the package.

Your first visit will be approximately sixty minutes long and will be spent going over your major health concerns with the help of these forms, as well as a relevant physical examination. During this initial consultation, I will be collecting information required to make an assessment of your case.

On your second visit, I will review my assessment with you and we will begin a treatment program. Such a program may include any combination of dietary recommendations, lifestyle changes, herbal or nutritional supplements. Subsequent visits will be booked as necessary to review your progress and make appropriate changes to your program.

PAYMENT FOR APPOINTMENTS IS REQUIRED AT THE END OF EACH VISIT BY CASH, DEBIT CARD MASTERCARD OR VISA ONLY. Though the Ontario Health Insurance Plan (OHIP) does not cover naturopathic services, most health insurance companies offer partial or complete coverage. Official receipts will be issued at the end of each visit so that you may obtain reimbursement directly from your insurance company.

Any supplements prescribed are the highest quality. Many are available at your local health food store. In addition, I can design my own custom formulation for you with *Signature Supplements*.

If you are unable to make a scheduled appointment, please call at least 24 hours in advance to cancel so that we can provide care to another patient. Failure to do so may result in a \$25 cancellation fee.

I look forward to meeting with you!

Elly Jenkyns, ND