

## INTEGRATED HEALTH CARE

577 Ontario Street St. Catharines, ON L2N 4N4.

•Tel: (905) 988-9160 Fax (905) 988-9147

Dear New Client,

Thank you for the confidence that you are demonstrating through your decision to consult with myself. I acknowledge and respect your commitment to pursue improvement in your state of health. In return, I commit to maintaining the highest professional ethics, competence and personal integrity. I will help you achieve your goals through enhancing a responsible approach to your own health awareness through reading, lectures, consultation, audio and visual aids. It is 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.

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 for 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 Survey promptly, as this requires time and careful attention (being sure to reflect your usual dietary habits). If there is a question which 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. If you would like further clarification, please feel free to call the office.

Your first visit will be approximately ninety minutes long (child visits are sixty minutes long) and will be spent going over your major health concerns as well as a relevant physical examination. During this initial consultation, I will collect all the information required to make an assessment of your case.

On your second visit, I will conduct a lab work-up to assess possible vitamin and mineral deficiencies. 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, acupuncture, herbs, Chinese medicine, homeopathic remedies or nutritional supplements. Subsequent visits will be booked as necessary to review your progress and make appropriate changes to your program.

Any supplements, herbs, Chinese medicine, or homeopathic remedies prescribed can be purchased at the clinic pharmacy. Every effort has been undertaken to ensure that all the products dispensed from the clinic are the highest quality. In addition, most should be available at your local health food store. 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.

**PAYMENT FOR APPOINTMENTS IS REQUIRED AT THE END OF EACH VISIT BY CASH, DEBIT , VISA OR MASTERCARD ONLY.** Though the Ontario Health Insurance Plan (OHIP) does not yet cover naturopathic services, several 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.

**\*\*\*We ask patients to please NOT wear any perfumes or colognes, due to others in the clinic who are very sensitive to these kind of smells .**

**We also ask if you are a smoker please DO NOT smoke before you come in for your appointment we appreciate your co-operation. \*\*\* Thank you in helping us keep this a fragrance free clinic...**

We look forward to meeting with you.

Yours in Health,  
Tara Clapp, ND