

## Preparing for your visit with Dr. Bernstein

We want you to get the most out of your visit with the doctor.  
We are committed to your experience at the Holistic Healing Center being positive.

### Checklist of what to do after making your appointment

- ┌ Print and fill out all the forms including this one as soon as possible. Please allow at least 45 minutes to complete all forms. The Adult Medical Questionnaire can take over 30 minutes alone if you have a complicated medical history.

These forms include...

- ✓ Preparing for your visit with Dr. Bernstein
- ✓ Patient Information
- ✓ Medical Symptoms Questionnaire
- ✓ Patient Consent Form
- ✓ Office Policies
- ✓ Diet Assessment Questionnaire
- ✓ Adult Medical Questionnaire Part 1 and Part 2
- ✓ Three Day Food Journal (recommended but not required)

- ┌ **Mail all completed forms to our office prior to your scheduled appointment.**

Mailing Address: Dr. Deborah Bernstein, P.O. Box 132, Lahaska, PA 18931

Our forms are now fillable, so you can complete them on your computer. You may print and mail them or email them to [HHCforms@gmail.com](mailto:HHCforms@gmail.com).

- ┌ Look at the directions page and print out the directions. Make sure you know how to get to the office.  
**For car GPS**, use 5812 Lower York Rd, Lahaska, PA 18931. **For phone GPS**, use 5812 Lower York Rd, New Hope, PA 18938. Please feel free to call if you need further assistance at 215-794-7880.

### Checklist of what to do the day before your appointment

- ┌ Gather up the medications, supplements, and protein powders you are currently taking into a bag so that the doctor can evaluate what you are actually taking most accurately.

### Checklist of what to bring on the day you are coming to see the Doctor

- ┌ Current Insurance Card
- ┌ Current Driver's License
- ┌ Form of payment method: We accept checks, cash, Visa, or MasterCard
- ┌ Actual bottles of medications, supplements and protein powders
- ┌ Our phone number which is 215-794-7880

**PLEASE ARRIVE AT LEAST 15 MINUTES EARLY FOR YOUR FIRST APPOINTMENT.**

**We want you to get the most out of your visit with the Doctor and need time to collect your information prior to your scheduled appointment.**