

Preparing for your visit with Dr. Debbie 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.*

Prior to scheduling your appointment, all forms must be completed and either e-mailed, mailed or dropped off to our office.

- ✓ The forms are downloadable fill in PDF forms which you may complete on your computer or print to fill out. 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 if seeing the nutritionist but not required for 1st visit with the Doctor)
- ✓ Please e-mail, mail or drop off the completed forms to our office. In addition, please include copies of any Laboratory results and Imaging study results from the previous 2 years to current.

E-Mail Address: HHCforms@gmail.com

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

Checklist of what to do the day before your appointment

- ✓ Make sure you know how to get to our office
 - For car GPS,** use 5812 Lower York Rd, Lahaska, PA 18931.
 - For phone GPS,** use 5812 Lower York Rd, New Hope, PA 18938Please call our office at 215-794-7880 if you need further assistance.
- ✓ 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, debit cards, Visa, or MasterCard
- ✓ Actual bottles of medications, supplements and protein powders
- ✓ Help us Help you by Knowing your Up to Date Insurance Coverage form

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.

*If there are a large amount of supplements to review, the Doctor may not be able to look at all of them on the first visit and it may require time with the Nutritionist to review them all.