

# 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 your scheduled appointment, all forms must be completed and submitted to our office.**

The form links have either been emailed to you or you may have accessed them on our website. Please make sure to complete and submit all of the following forms:

- ✓ Patient Consent and Office Policies
- ✓ Patient Information
- ✓ Medical Symptoms Questionnaire
- ✓ Symptom Checklist Part 2
- ✓ Adult Medical Questionnaire
- ✓ Family History
- ✓ For Women Only
- ✓ Diet Assessment Questionnaire

The following two forms below should be printed and filled out by hand and brought to your first appointment.

- ✓ Three Day Food Journal (recommended if seeing the nutritionist but not required for 1<sup>st</sup> visit with the Doctor)
- ✓ Help us Help You with your Insurance

In addition to submitting your forms, please provide via email or USPS, copies of any laboratory results and imaging studies from the previous two years to current.

**E-Mail Address:** [HHCforms@gmail.com](mailto: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 your appointment

- ✓ 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 with your Insurance Coverage form
- ✓ Three Day Food Journal

## 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 or the Dietitian 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.