

Vital Stream Naturopathy

Patient Instructions for First Office Visit

Five (5) Days Prior to your first visit:

1. Please download and complete the following forms:
 - a. Patient Intake Form
 - b. Patient Visit Questionnaire
 - c. Health Questionnaire

Please fax us the completed forms at least 3 days prior to your visit.
2. Please review the following policies:
 - a. Vital Stream Naturopathy Privacy Policies
 - b. Vital Stream Naturopathy Payment Policies
 - c. Vital Stream Naturopathy – email informed consent
3. Please complete a family health history using the US Surgeon General form or software (see the link at our site listed among the first office call forms). Bring the completed form with you to your appointment.

The Day of Your Appointment:

1. If you have not completed all the above forms or reviewed the policies, please arrive early to do so before meeting with the Doctor.
2. At the start of your appointment, you will be asked to sign a paper acknowledging that you have reviewed the policies and agree to abide by them. Please ask any questions about the policies prior to signing your acknowledgement.

At your appointment with the doctor, as many of the following topics will be explored as permitted by time constraints:

1. Naturopathic medicine and Vital Stream Naturopathy.
2. Your goals for the day's visit.
3. Your health concerns.
4. Your personal health history, family history and social history.
5. A symptom review of your body systems.
6. An abbreviated physical examination.
7. Order labs and medical records, as needed.

Treatment during the first visit:

1. Doctor and patient will explore treatment options, or the doctor will study the case and discuss treatment options in a subsequent visit.
2. Often, diet and life style recommendations will be given to complement the findings of the oral history and physical examination.
3. Nutritional supplements and botanical remedies may be prescribed for general health support and prevention.
4. Sometimes nutrients and botanicals directed toward a specific condition or body system are prescribed during the first visit.

Future treatment:

1. For complex patient histories, the doctor may study your case then discuss treatment options and devise a treatment plan during a subsequent visit.
2. Often nutrients and botanicals directed toward a specific condition or body system are prescribed during the subsequent visit.
3. Appointments for additional treatment modalities and follow-up care are scheduled according to the treatment plan devised by doctor and patient.