

Welcome to GracePointe Functional Medicine! I look forward to becoming your partner in health.

Please review, complete, and return the attached Informed Consent and Medical History Questionnaires to me. Once I have received the completed documents, we can schedule your first appointment.

During your first visit, Jeremy will obtain a complete medical history. The key to functional medicine is treating each person as an individual and getting to the root cause of your health concerns. That generally entails a detailed conversation about your current symptoms, health history, family history, diet, lifestyle habits, and more.

At that point, Jeremy will explain potential approaches and recommended laboratory tests for you. This visit will last approximately 75 minutes and is intended to be an information gathering and sharing session. Jeremy may make some simple recommendations at this time. However, most advice will be deferred until your lab work and other information is thoroughly reviewed.

The second visit is generally scheduled a week or two later. If a physical exam is indicated, it will be performed during your second visit. At that time, Jeremy will also explain your lab results and other findings. This includes possible factors impacting your health, supplement recommendations (vitamin, minerals, herbs), dietary recommendations, lifestyle changes, as well as medications that may be appropriate for you.

Follow-up visits are usually scheduled in approximately 4–8 weeks from your second visit to evaluate progress and make adjustments in your personalized health plan. The frequency of visits thereafter depends on your individual health needs.

Some, relatively healthy individuals see Jeremy only once a year for physical exams and annual lab work. Those who have more serious health concerns are seen more often to provide a higher level of support.

If you have any questions after reading the enclosed information, please call our office. We will be happy to assist you. Please be sure to complete all forms and bring them with you to your appointment. We look forward to working with you.