

## PREPARING FOR YOUR FIRST VISIT

1. Plan to be at our office for approximately one hour for your first visit. The first appointment is the longest due to collecting data, assessment and evaluation of your condition.
2. Have your therapist, physician or health care provider fax a summary of the reason for your visit.
3. Thoroughly read all documents- print forms that require a signature and bring with you at your first appointment (checklist at bottom)
4. Bring cash, credit card, debit card to pay for your visit-you will secure your appointment with a credit card online (your card will be charged *only* in the event you miss your appointment or arrive more than 15 minutes late).
5. Bring all medications you currently take (If you have been on several psychiatric medications in the past and can't remember the names, please obtain a list from your pharmacy and bring with you).
6. Bring copies of recent blood work/labs (within the past 3 months)- you may obtain from your primary care provider/physician.
7. If the appointment is for a child under the age of 18, the primary parent (primary care giver) **must** accompany the child to all visits unless otherwise specified.
8. Prepare your directions for travel to arrive promptly at your first appointment.
9. Look forward to a relaxed and comfortable visit and be on your way to feeling great again!

### CHECKLIST FOR FORMS TO SUBMIT ONLINE:

Late Cancel /No Show Policy \_\_\_\_\_

Fee Schedule \_\_\_\_\_

HIPPA/Privacy \_\_\_\_\_

Consent for Treatment \_\_\_\_\_

**CHECKLIST FOR FORMS TO BRING WITH YOU AT FIRST VISIT:**

Patient Data/History \_\_\_\_\_

\* We realize gathering all information before your first visit requires time and we thank you in advance. At Jill Adams NP, LLC & Associates, we want to do our best in serving you!

*We look forward to meeting you!*