



Dear New Patient,

Welcome to our office! We look forward to becoming your partner in assessing and improving your health. Before your first visit, please take a few moments to read the enclosed information to become acquainted with our practice.

At your first visit, Lucy Douglas or Melissa Mason, nurse practitioners, 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 health problems. That generally entails a detailed conversation about your current state of health, personal health history, family health history, diet, lifestyle habits, etc. At that point, the provider will discuss with you potential approaches and recommended laboratory workups. This visit will last approximately 90 minutes and is primarily an information gathering and sharing session. The provider may make some simple recommendations at this time but most advice will be deferred until after lab and physical exam results are in and there has been time to thoughtfully consider your case.

The second visit is generally scheduled 2-4 weeks later. Any physical exam that is indicated will be performed during your second visit. It is at that time that the provider will discuss the review of findings. This includes what may be causing your health problems and what supplementation (e.g., vitamins, minerals, herbs, etc.), diet, and lifestyle changes may be needed, as well as any prescription medications that may be appropriate for your care. Follow-up visits are usually scheduled 4-8 weeks from this visit to evaluate progress and make any adjustments to your program.

How often you see the provider after that will depend on why you are being treated. Some healthy people see the provider only once a year for physical exams and screening lab tests. For these individuals, a fee-for-service payment structure may be most appropriate (please see separate sheet for pricing). Many people who have multiple complaints are seen more often based on the severity of their condition and will likely benefit from the monthly membership model.

Additional information is available in this information packet, on our website, and through our staff. If you have any further questions after reading the enclosed information, please do not hesitate to contact 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!

In health,

Lucy Douglas, MSN, RN, APRN, FNP-C, CDE (Owner),  
Melissa Mason, DNP, RN, APRN, FNP-C (Practice Administrator),  
and the New Beginnings Wellness Center & Spa staff