

Tri-Life Health, PC

2362 East Prospect Rd., Fort Collins, CO 80525
Phone 970-495-0999 / Fax 970-495-1016

Welcome to Tri-Life Health. We are looking forward to working with you!

Our goal is to do everything we can to help educate, inspire, and equip you to optimize your health and performance. Enclosed with this letter is some additional information about our clinic as well as some paperwork that you will need to fill out and bring with you to your appointment. Please go through the material very carefully. If for some reason you need to change or cancel your appointment, please notify us as soon as possible at 970-495-0999. If you have any questions ahead of time or need specific directions to the clinic, you can reach us at the same phone number.

We are located at 2362 East Prospect Rd. This building is located in the Seven Lakes Business Park on the north side of Prospect Road between I-25 and Timberline Road. Go east from Timberline or west from the interstate, and turn north into the business park on Prospect Parkway. We are in the building straight ahead.

Our usual first office visit process goes like this:

- 1. Check in with reception and complete remaining information and paperwork.**
- 2. Visit with the nurse to obtain initial vital signs, physiological and metabolic measurements, and urinalysis.**
- 3. Interview with the doctor, including medical history and physical exam.**
- 4. Arrange for additional tests or evaluations as needed.**
- 5. Review and summarize initial strategy and plan**
- 6. Schedule follow-up appointment**

Depending on the nature of your visit, you can expect to be with us for approximately 2 hours. Your 1-hour visit with our nutritionist which will be scheduled for a later date.

Here are some specific details for your appointment:

What should I wear? You should wear loose fitting, comfortable clothes. Some of the tests may require light physical activity and access to your hands and feet (so ladies, it would be a good idea not to wear pantyhose. **Since we have so many patients with Chemical Sensitivities, we would appreciate it if you would not wear perfumes or colognes to any of your appointments.** Thank you very much.

What should I eat and drink ahead of time? You will be performing specific metabolic and body composition testing in our office as part of your visit. Please observe the following:

- o **No alcohol or nicotine for 24 hours prior to your visit**
- o **Avoid caffeine, exercise, or food for 4 hours prior to your visit**
- o **Consume 2-4 glasses of water within 2 hours of your visit**
- o **Do not apply lotions or creams to your hands or feet**

If you have concerns about any of these restrictions, then please contact us ahead of time.

What should I bring with me? Please **fill out the forms included** with this package and bring them with you. This includes:

- “New Patient Information and Disclaimer”
- “Health and Lifestyle Questionnaire”
- “Medical Symptoms Questionnaire”
- “Braverman Neurotransmitter Balance Questionnaire”
- “3 day food diary”

Check your package carefully because we may have sent you additional forms to fill out depending on your unique needs.

Also, **bring any recent medical information and/or test results that you** have from other sources that may be helpful in understanding your situation and may also prevent us from ordering repeat tests. If you currently are taking certain nutritional supplements or vitamins you may want to bring the actual bottles with you so we can better understand the formulas.

Who can come with me? You are welcome to bring a spouse or close friend with you to the appointment. However, we kindly ask that you do not bring infants or children because we are not equipped to care for them and they could distract from the quality and efficiency of your clinic experience.

What will it cost me? We have included a price list with this packet. Most people usually chose the “new patient evaluation” as a comprehensive package deal. However, you are free to schedule a simple consultation or specific test evaluation if you prefer. Please understand that we do everything possible to keep the costs minimal. The prices shown do not include any additional or special tests which may be indicated based on your initial visit. Also, please note that we ask for full payment at the time of service (we take personal checks, MasterCard, Visa and Discover). We will provide you with a detailed statement at the end of the visit which you can use to file for insurance reimbursement.

How can I get more information? Feel free to call us if you have questions. Also, you may want to visit our website at www.trilifehealth.com for more information.

We are excited about getting to know you and are thankful for the opportunity to make a positive contribution towards improving your health.

Sincerely,

Roger Billica, M.D./ William Billica, M.D and the Staff at Tri-Life Health