

## **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. I am looking forward to meeting with you!

Enclosed with this letter is paperwork you will need to fill out and bring to your nutritional consult 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 office, you can contact the same phone number.

The office is located at 2362 East Prospect Rd and 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. The building is straight ahead.

### **Your office visit process goes like this:**

1. Check in with reception and submit all completed paperwork.
2. Bioimpedance Analysis (BIA) (is optional and will be decided prior to appt.
3. Health history and diet diary review.
4. Review and summarize initial strategy and plan.
5. Schedule follow-up appointment if needed.

You can expect the visit to be about 60 minutes.

### **Here are some specific details for your appointment:**

***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”**
- **“3 Day Diet Diary”**

Check your package carefully as additional forms may have been included depending on your unique needs.

**Since we have many patients with Chemical Sensitivities, we would appreciate it if you would not wear perfumes or colognes to any of your appointments here.** Thank you very much.

Also, if you are currently taking certain nutritional supplements or vitamins you may want to bring the actual bottles with you so I 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 as we are not equipped to care for them and they could distract from the quality and efficiency of your clinic experience. However, if this appointment is for your child and you would like them to attend, that would be just fine.

**What will it cost me?** My fees are \$145 for a New 1 hour Appointment and \$90 for a 60 minute follow up. 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](http://www.trilifehealth.com) for more information.

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

Sincerely,

Cindy Adams, CN