

Client Requirements & Expectations

	INITIAL	FOLLOW-UP
Pre-Appointment	Client History form 24+hrs prior to appointment (website, deliver, mail, scan/e-mail)	Follow-Up form 24+hrs prior to appointment (website, deliver, mail, scan/e-mail)
LABS (some important, some optional)	Optional but preferred, Labs can be up to 1 year old	Required on 1 st f/u (unless submitted at Initial) then <i>sub-optimal</i> labs every 6-12mo's
Iodine patch test	Optional but preferred bring to appointment or include with pre-appointment form	Optional but preferred bring to appointment or include with pre-appointment form
Daily Log Metabolic Syndrome appointments only	N/A	Strongly encouraged 5-7 days week over the 1 st month or so Bring to appointment
Homework & Self Study	N/A	No quizzes☺ but please do your best. Knowledge is very powerful

ALL Forms are available on website: MetabolicRepair.net/appointments/forms, for you to down load and print or request hard copy from office. Please return per time frame requirements noted above (website, deliver, mail, scan/e-mail).

Labs: if you have had labwork done in the past year please bring a copy to your **Initial Appointment** (if possible submit **with** your **Client History form** prior to your appointment date). Sub-optimal LABS are encouraged every 6 months. **Note:** you may have labs that are considered “normal” because they are with-in the *typical* reference range but that *may* not mean they are **optimal**. If the list of “Important Labs” pose a financial concern, I can help you decide which ones would be the *most* important for you.

Metabolic Repair Appointments only:

Log Sheet: Your Daily Log is *very* valuable in understanding how your unique metabolism is working. Please be as consistent as possible. Bring copies of your daily log sheets to each appointment. Forms available to download/print on website.

Two of the “**Tools**” needed for your daily log are included with your Initial Visit packet:
1) **Glucometer starter kit** 2) a bottle of **Ketodiasticks**. You will be responsible for buying additional supplies as needed (strips, lancets) found at most drug stores in the diabetic section as well at Costco/Sams/Walmart/Amazon).