

## **WELCOME TO THE CENTER FOR WELL BEING**

Hello and welcome to our wellness center! We understand that you have many choices when it comes to your healthcare. We want to thank you for choosing our office. It is our goal to make you feel comfortable and satisfied. If at any time you have questions or concerns, please do not hesitate to ask us.

### Your First Visit

The initial visit entails a review of your current and past medical history. Prior to this visit with the doctor, the initial new patient paperwork will need to be filled out completely. It is recommended that these forms be completed before arriving at our office. This will allow you to have more time with the doctor to make sure everything is reviewed.

Depending upon your healthcare needs, the initial visit may entail a consultation and an examination. Many patients come to our center for musculoskeletal health conditions that require a diagnostic chiropractic, neurological and orthopedic examination. If your case requires additional laboratory or imaging studies, those will be recommended at that time.

In addition, many patients travel from all over the United States to consult with the doctors for functional medicine services. These patients typically are coming to find answers for 'internal health' disorders such as chronic fatigue, digestive conditions, skin disorders, migraine headaches, fibromyalgia, hormone imbalances, autoimmune diseases, lung issues and so forth. For these types of patients there may be additional in-office nutritional assessments and additional laboratory test recommendations. If you are coming for a functional medicine / nutritional medicine assessment, we ask that you bring a first morning urine specimen to our office. (only 1-2 ounces in a clean container)

### Insurance Coverage

We are Blue Cross/Blue Shield of MN providers. Each plan is unique and needs to be verified before acceptance. Only chiropractic care procedures are covered under these plans. Nutrition related services are not covered by insurance and are paid in full by the patient.

We do accept assignment for valid personal injury/automobile accident and worker's compensation claims.

## **Health Services**

### Chiropractic Care

**Skilled Spinal & Extremity Adjustments**  
**Auto and Job related injury treatment**  
**Acupuncture, Electro-acupuncture, Acupressure, Cold Laser Therapy**  
**Soft tissue / Myofascial Release Methods**  
**Massage Therapy Referral**  
**Sports Injury Treatment**  
**Exercise Programs**

### **Nutritional / Functional Medicine**

**Food Sensitivity Management**  
**Vitamin Program Counseling**  
**Dietary Recommendations**  
**Cell Hydration Status and Lean Body / Fat Composition Testing**  
**Nutritional Assessments:**

Physical Examination Assessment of Skin, Nails, Hair, Mouth, Nerves  
Laboratory Tests – blood, urine, stool, breath, hair that are more advanced

We have the ability to assess a wide range of causative factors including leaky gut, gluten sensitivity, toxic metal overload, microbial infections (parasite, fungal, bacterial), hormone imbalances, food intolerance, neurotransmitter deficits, gene factors and numerous nutrient deficiencies.

### **Attention**

Many of our patients have allergies, asthma and chemical sensitivities. We ask you to refrain from wearing any of the following products on the day of your office visit.

Perfume, cologne, scented lotions, scented soaps, hair spray

Thank you for your cooperation.