



Michael Cheikin M.D.
Holistic Medicine and Physiatry
Center for Optimal Health
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Dear New Patient,

Thank you for giving our Center the opportunity to serve your holistic health and wellness needs. This letter will help you prepare for our initial consultation, which will include a check-in and check-out, in addition to spending between 45-80 minutes with the doctor.

Since our relationship is very important to your trust and healing, **we will reserve an hour of physician time** for your initial consultation. We want to learn as much about you as possible, and explain more about the healing process that Holistic Medicine has to offer. **We require 2 full business days notice of cancellation (i.e. Thursday 10am for a Monday 10am appointment).** If you cancel (or don't show) with less than this notice, **you will be billed \$250.** You will also be billed if you do not have a required HMO referral or cancel within 2 business days because you cannot get a referral.

For your first visit:

- Please plan to arrive **at least 30 minutes early** to complete the registration process which may include educational videos. Parking is easy and free! You will also need time after the first visit to check out. **Plan on being at our office a total of 120 minutes.**

Please bring:

- **completed paperwork--16 pages** (website: "New Patient" page; use "form" and "green9876" to log on)
- your insurance card
- photo ID
- HMO referral (if required; you will be billed for the visit without this or if you cancel (see below))
- required co-pay
- copies of ALL lab reports, if you have them (you can bring discs but these may not be useful)
- **a chronological history in electronic format if your history is complex.** You can use **history.doc** on the website. **DON'T print or bring** a hand-written copy as you will be updating the information soon.

It would be helpful for you to think about in advance, and write down for the consultation:

- any burning questions that you have
- any strange symptoms that you may be embarrassed to tell other practitioners and do not fit on forms
- any urgent issues that you need to be addressed on the first visit

We also strongly recommend that you review our website, www.cheikin.com, which has information about our credentials, treatment philosophy, many helpful articles and other information. Three articles that might help you understand this process are "CSI of Health Care", "Courage to Heal" and "Fallacy of Diagnosis".

We take your concerns, your time and other resources very seriously. We look forward to facilitating the learning and healing that within you. You wouldn't have contacted us if you didn't believe this was true!

We look forward to serving you.

Sincerely,

Michael Cheikin MD
Medical Director

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