

Orest V. Pelechaty, OMD, AP, L.Ac.

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201-506-1440 (text) 201-537-3070 (office)

Dear New Patient,

Welcome to our practice!

Please download and complete the two health questionnaires listed. Just like our care for you here, the health forms are comprehensive. Please answer all questions as fully as possible. Please bring the completed information to your first visit:

- Health History Questionnaire
- Medication, Supplement, and Remedy Log
- Most recent blood work or tests

For maximum benefit from your treatments, follow the guidelines on page 2.

Please note that payment is due when services are rendered. We accept checks, cash, and credit cards for your convenience. We do not accept insurance assignment. A superbill may be issued for your submission to your insurance carrier.

If there is some reason you are unable to keep this appointment, kindly give us 24 hours' notice.

We look forward to serving you and your family. Please feel free to text, call the office, or email me if you have any questions.

Sincerely,

Orest V. Pelechaty, OMD, AP, L.Ac.

info@HealAndRenew.com

These guidelines will help you achieve maximum benefits from your treatments:

- Try to arrive for your treatment without being rushed or hurried.
- Do not come in hungry!
 - Eat a meal about **two hours** before or a light snack **one hour** before your treatment.
- Avoid brushing off tongue coating on the day of your treatment.
- Do not exert yourself for several hours before or after your treatment.
- Do not drink alcohol 3 hours before or after your treatment.
- Hydration is critical:
 - Do drink water **before** and **after** treatment because you will be cleansing.
- Do not bathe, shower or exercise for 3 to 6 hours after treatment.
- Good health = Clean body, inside and out. Lifestyle matters!