



*Natural Elements Health Center*

# *Welcome!*

As a new patient at Natural Elements, we have provided you with a checklist of some important information we will need for your first visit.

Please complete the below forms before your initial visit with the Doctor.  
We are all excited to work with you toward better health!

## **Checklist:**

- New Patient Intake Form Completed
- Health History Form Completed
- Health Profile Form Completed
- HIPPA and Financial agreement read and signed
- Bowel Transit Time Completed
- Food Diary kept for 3 days
- Blood Work: you may be asked to complete this following your initial visit with the doctor. If you have recent blood work from within the past month of the below listed values, please bring that with to your appointment. If you have not had any blood work done recently, the below tests may be asked of you to complete before beginning the program. We can assist you in determining this step, referring you for testing. Not all tests may be necessary, but several may be recommended.
  1. Total Cholesterol, HDL, LDL, Triglycerides
  2. Hemoglobin A1C
  3. Fasting glucose/fasting insulin, 2 hour glucose/ 2 hour insulin
  4. Homocysteine
  5. High sensitivity CRP
  6. Vitamin D serum (25-OH D3)
- Think about what Health Goals you have for yourself
- Remember to read the instructions to prepare for the BIA measurement to get the most accurate reading

**\*All paperwork must be completed prior to your appointment with the doctor.**

Please don't hesitate to call the office and talk with Kristie if you have any questions  
320-983-2333