



FULLY ARMORED FAMILY HEALTH AND FITNESS
ALTA SKELTON, NP
EPH 6:10-18 ARMING YOU TO LIVE WELL, TO SERVE WELL

Dear New Patient,

Welcome to our office! We look forward to becoming your partner in assessing and improving your health, so you may live well and serve well. Before your first visit, please take a few moments to read this letter.

In your first visit, **Alta** will obtain a complete medical history and do a brief physical. The key to our medical care approach is treating each person as an individual and getting to the root cause of health problems. That generally entails a detailed conversation about your current state of health, health history, family history, diet, lifestyle habits, etc. At that point, **Alta** will discuss with you potential approaches and recommended laboratory workups. This visit will last approximately 30 minutes. Alta may make some simple recommendations at this time, but most advice will be deferred until after lab and physical exam results are in and there has been time to thoughtfully consider your case.

The second visit is generally scheduled a week or two later. Any physical exam that is indicated will be performed during your second visit. It is at that time that **Alta** will discuss the review of findings. This includes what may be causing your health problems and what supplementation (vitamin, minerals, herbs), diet, and lifestyle changes may be needed, as well as any or other medications that may be appropriate for your care. Follow-up visits are usually scheduled in approximately 4–8 weeks from this visit to evaluate progress and make any adjustments in your program.

How often you see **Alta** after that will depend on why you are being treated. Some healthy people see **Alta** only once a year for physical exams and screening lab tests. Many people who have multiple complaints or chronic disease are seen more often based on the severity of their condition.

If you have any further questions after reading the enclosed information, please call our office. We will be happy to assist you. Please be sure to complete all forms and bring them with you to your appointment. We look forward to serving you.

Blessings!

Alta Skelton, NP and staff