

New Patient Visit Preparation

Naturopathy Lane

This guide explains how to prepare for your first visit at Naturopathy Lane. A little preparation helps us use our time together well and gives you space to arrive feeling as calm and ready as possible.

Before Your First Visit

You do not need to create a perfect health file for our work together. It does help to gather a few key pieces of information ahead of time.

If you can, please have the following nearby during your visit.

- A list of your current medications with doses.
- A list of your current supplements and herbs.
- Any recent lab work, imaging reports, or specialist summaries.
- A short list of your top three concerns right now.
- A rough timeline of major health events, surgeries, or diagnoses.

You can bring printed copies to the office or keep digital copies ready to open during a telehealth visit.

Telehealth Visits

Telehealth visits are offered for clients in Nevada and Idaho when appropriate. To make the most of your telehealth visit, please consider the following.

- Use a device with a camera and microphone if possible.
- Test your internet connection shortly before the visit.
- Choose a quiet, private space where you can speak freely.
- Have a way to take notes during the session.
- Log in a few minutes early so you can address any technical issues.

Telehealth is not suitable for emergencies or urgent situations. If you are in crisis or feel unsafe, please seek emergency care through local services or an emergency department.

In Person Visits

For in person visits at the Elko office it is helpful to arrive a little early so you can settle in.

- Plan to arrive ten to fifteen minutes before your scheduled time.
- Bring any paperwork that you prefer on paper rather than digital.
- Water and herbal tea are available in the office, and you are welcome to bring anything else you need to be comfortable.
- If you use reading glasses, please bring them.

If you are feeling unwell with an acute infection or have had a recent exposure to a contagious illness, please contact the office before you come in so we can decide together whether an in person visit is appropriate.

What To Expect In The First Visit

The first visit is a chance for me to listen carefully and for you to tell the story of your health in more detail. We are not only collecting data. We are looking for patterns.

During the first visit we will usually.

- Review your health history, current concerns, and goals.
- Discuss sleep, digestion, stress, movement, and daily routines.
- Look at medications, supplements, and any recent lab results.
- Identify a few key priorities rather than trying to change everything at once.
- Agree on a realistic first step plan that fits your current life.

You are welcome to ask questions during the visit. If something is unclear, I would rather explain it again than have you leave confused.

Between Visit Communication And Boundaries

Clear expectations help both of us.

- Naturopathy Lane does not replace your primary care provider or emergency services.
- I do not provide emergency or on call care. If you have a medical emergency, call emergency services or go to the nearest emergency department.
- For non urgent questions between visits, please use the agreed communication method, such as the secure portal or office contact information.
- Brief clarifying questions about your current plan are welcome. New concerns or major changes are usually best handled at a follow up visit.

If something in your life or health changes in a significant way, please let me know so that we can adjust the plan together.

How To Get The Most From Your Visit

A few simple habits can make your visits more effective.

- Take a moment before the visit to note your main questions.
- Notice any patterns in your symptoms such as time of day or connection with meals or stress.
- Be honest about what feels realistic for you right now. A smaller plan that you can follow is better than an ideal plan that you cannot carry.
- Bring your full self. Your experiences, values, and preferences matter in this process.

You do not have to be perfect to begin. The work of naturopathic care is a process. This guide is simply here to make your first step a little easier.