[Date]

[Patient Name]
[Patient Address]
[City, State, Zip Code]

Dear [Patient Name],

We are contacting you because it is time for your follow-up nutritional counseling appointment. Our records show that your last visit was on [Date of Last Visit].

Routine follow-up sessions are an important part of managing your health goals and monitoring your progress. During this next visit, we will review your recent milestones, address any challenges you have faced, and adjust your personalized nutrition plan as needed.

Please call our office at [Phone Number] or visit our online portal at [Website URL] to schedule your appointment. We recommend scheduling soon to ensure you receive your preferred date and time.

If you have already scheduled an appointment or have recently seen us, please disregard this letter.

We look forward to seeing you again and supporting your continued wellness.

Sincerely,

[Provider Name/Clinic Name]
[Contact Information]