

Dear [Patient Name],

Welcome to [Practice Name]! We are honored that you have chosen us to partner with you on your journey toward root-cause healing and optimal wellness.

Functional Medicine is a collaborative approach. Unlike traditional medicine which often treats symptoms, our goal is to understand the "why" behind your health concerns. We will look at your genetics, environment, and lifestyle to create a personalized plan tailored specifically to you.

Next Steps for Your Care:

- **Patient Portal:** Please log in to [Link/URL] to complete your comprehensive health history forms at least 48 hours before your first visit.
- **Lab Work:** If you have recent blood work from the last 12 months, please upload it to the portal or bring physical copies to your appointment.
- **Initial Consultation:** Your first appointment is scheduled for [Date] at [Time]. Please allow [Duration] for this deep dive into your health history.

What to Expect:

During our comprehensive care process, we will explore nutrition, stress management, sleep hygiene, and advanced diagnostic testing. Please come prepared to discuss your health goals and any questions you may have.

We look forward to meeting you and supporting your path to vibrant health.

In health,

[Provider Name]
[Practice Name]
[Phone Number]
[Website]