

Dear [Patient Name],

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

Our integrative approach combines traditional medicine with evidence-based complementary therapies. We focus on treating the whole person-mind, body, and spirit-rather than just addressing symptoms.

Your First Appointment

- **Date:** [Date]
- **Time:** [Time]
- **Location:** [Address/Suite Number]

What to Bring:

- Completed intake forms (attached or available on our portal).
- All current medications and supplements in their original containers.
- Recent lab results or medical records from the last 12 months.
- A list of your primary health goals and concerns.

What to Expect:

Your initial consultation will last approximately [Number] minutes. We will review your medical history, lifestyle habits, and nutrition to create a personalized wellness plan tailored to your unique needs.

If you need to reschedule, please provide at least [Number] hours' notice to avoid a cancellation fee. If you have any questions before your visit, please call us at [Phone Number] or email [Email Address].

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

Sincerely,

[Provider Name/Signature]
[Practice Name]
[Website]