[Date]

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

Dear [Patient Name],

It was a pleasure meeting with you on [Date of Intake] for your initial wellness consultation. Thank you for choosing our practice to support your health goals.

Based on our discussion and your intake assessment, we have outlined your initial wellness plan below:

- **Primary Focus:** [e.g., Nutrition, Sleep, Stress Management]
- **Recommended Actions:** [List 2-3 specific steps]
- **Next Scheduled Appointment:** [Date and Time]

Attached to this letter, you will find [mention any brochures, lab orders, or resources] that we discussed during your visit.

If you have any questions regarding your plan or if you experience any changes in your health before our next meeting, please contact our office at [Phone Number] or via email at [Email Address].

We look forward to working with you on your journey toward better health.

Sincerely,

[Provider Name]
[Practice Name]