



New Patient Discharge Instructions

Thank you for trusting us with your care. Dr. Pabla, Dr. Amich, and our entire team are dedicated to helping you achieve your health goals. Below are some summary points from your visit today.

1. You should receive a detailed Action Plan within the next 4-5 business days sent to your portal.
2. You will also receive an email invite to FullScripts. This is a safe way to purchase quality, legitimate supplements online.
3. In approximately two weeks, you will meet with Dr. Amich for an Action Plan visit. During this visit you will review your Action Plan items and go over any questions you have. (*You do not need to have your labs completed for this visit).
4. In approximately 2 months, you will return for a full Functional Medicine follow up visit. By this time, all lab results should be returned to us and you will have had time to implement some of the recommendations from your action plan. We will evaluate all of the labs and adjust the action plan as needed.
5. Most patients will leave their first visit with three (or more) different lab orders:
 - a. Standard lab order- These labs are typical hospital labs (e.g. , CBC, Lipid profile, etc.). You can have these labs drawn wherever you'd like. Most patients choose to go wherever their insurance company covers the labs. If your plan doesn't cover lab testing, or if you have high out of pocket amounts, we are able to draw standard labs in our office for low direct pricing. Ask us more about this.
 - b. Genova lab- Most new patients will have an order for Food Allergy & Sensitivity testing and/or GI Effects testing. An interpretation fee has been charged to your billing for our doctors' review of these in-depth, specialty test results. We recommend that you contact the lab directly to find out if your insurance is in-network with them. You may be responsible for some portion of the laboratory charges to run the test.
 - c. Great Plains Lab- Most new patients will have an order for Organic Acid Testing. This is a urine test that you collect at home and ship out. An interpretation fee has been charged to your billing for our doctors' review of these in-depth, specialty test results. We recommend that you contact the lab directly to find out if your insurance is in-network with them. You may be responsible for some portion of the laboratory charges to run the test.
 - d. Other specialty tests may be needed. If any additional specialty testing is ordered, an interpretation fee will be charged to you from our office. We recommend that you contact the lab directly to find out if your insurance is in-network with them. You may be responsible for some portion of the laboratory charges to run the test.
 - e. If any lab result is of a critical nature or changes any recommendations made in your Action Plan, you will be notified by Dr. Pabla or Dr. Amich.
 - f. Some patients may have extensive medical histories and records to review. A fee may be charged for records that require an extensive review (e.g., 120-page hospital records, multiple radiology reports, notes from multiple specialists over several years).



6. **Urgent Care** services are available. If you have an urgent medical need- even if it is not related to your functional medicine visits, we can take care of you. We can see you for sore throat, cough, fever, headache, sprains/strains, lacerations, nausea, ear pain, abdominal pain, urinary tract infections, and much more. Our urgent care services can save you time and money by helping you avoid costly ER visits and long wait times. We can even do telemedicine visits for most conditions.
7. **Aesthetic Services**- We want you to feel good and look good! We offer state of the art aesthetic services to address all sorts of concerns. Many people suffer with acne, dry or oily skin, sun damage, redness or rosacea, wrinkles, skin laxity, pigmentation issues, or scars (e.g. acne, stretch marks, c-section or surgical scars). Our state-of-the-art aesthetic services and protocols may be able to help. Consider a consultation with Tess, our licensed Medical Aesthetician or Dr. Amich.
8. **Hair**- Maybe you have hair in places you don't want and you're tired of shaving, plucking, or waxing. Maybe you don't have *enough* hair or notice hair thinning. We have advanced protocols to help with hair removal, or hair follicle activation. Set up a consultation to discuss your personal needs.
9. **PRP- Platelet Rich Plasma**. In the orthopedic and aesthetic world this is also known as 'liquid gold'. A sample of your own blood is used to obtain the PRP. This can be injected or applied topically to help with healing or rejuvenation. Pair this with microneedling or Morpheus8 for a total rejuvenation result.
10. **Vitamin infusions and injections** are available here! Ask us about the many ways we can help boost your immune system or help you feel more energetic. We offer B12 injections, Myer's cocktails, High Dose Vitamin C, and more.
11. **Infrared Sauna/Pulsed Electro Magnetic Frequency**- We have the latest in far-infrared sauna, PEMF, and phototherapy available right here in our office! Ask us how this can benefit you.