

# Items to Bring to Your Appointment

The following information is intended to assist you in determining the items to bring with you to your appointment.

## Identification and Insurance Information:

- Current photo ID
- Current insurance card(s)
- Insurance co-payment, co-insurance, and/or deductible information, if applicable
- Insurance referral, if applicable\*

*\* Please verify that our office has received the referral prior to your appointment. Having a copy of your insurance referral is recommended.*

## Medical Information for Current Injury or Condition

All medical records, CD's of imaging (X-ray, MRI), and lab test results for your current injury or condition should be carried in or faxed from your primary care provider. If you have been evaluated or treated for your current injury or condition by another healthcare provider, please contact their office at least one week prior to your appointment, if possible, to request a copy of all medical records pertaining to your injury or condition. You can request that your records be sent directly to our office, but please confirm that we have received them prior to your appointment. ***If you have had imaging it is very important that you bring CD's of the imaging with you to your appointment. If you arrive without them your appointment may need to be rescheduled.***

## Personal Documentation of Current Injury or Condition

Throughout your visit, you will be asked questions about the injury or condition that you are being seen for. You may find that compiling a personal documentation record prior to your visit and having the record with you during your appointment may assist you in answering some of these questions. Please note that the information in your

personal document will not be used as a substitute for any official forms you will be asked to complete prior to your appointment.

## Current List of All Medications You Are Taking

Bring a current list of all your medications, including the name of the medication, dosage, the frequency you take the medication, and the reason for the medication. This list should include prescribed medications, herbal supplements, vitamins, and over-the-counter medications you are taking as well as any medications you are allergic to. We recommend having this record with you as you may need to access this information during your appointment.

## Medical History

Maintenance of your medical history, including all prior treatments, surgeries, conditions, and illnesses, even if they are not related to your current injury or condition, is always recommended. Have this record with you as you may need to access this information during your appointment.

## A Family Member or Friend

You may consider asking another adult to accompany you to your appointment. Should you need a translator, please bring an adult translator with you. We do not recommend that you rely on a child to translate.