



Welcome to Natural Elite Wellness (NEW)! Congratulations on making the decision to start or continue your journey toward revitalizing your health. I thank you for the opportunity to be a partner with you in your personalized health care, and feel privileged to help you achieve your health goals.

Your initial appointment will be a comprehensive assessment of your health. This visit typically lasts 60-90 minutes. We will discuss your health concerns and goals, past medical history, family history, nutritional and lifestyle habits, as well as initial recommendations and treatment options. Return visits will be recommended based on your personalized needs. Your progress will be tracked and treatment recommendations may be modified if/as necessary. Typical return visits last 30 minutes.

To help us use your time and financial resources as effectively and efficiently as possible, please complete all the enclosed paperwork prior to your first appointment. **Please bring all of these forms to the first visit or return them to the office prior to your appointment via mail or email.** Completing the forms as accurately as possible prior to your arrival will ensure our thorough review so we may provide you with the best care possible.

It would be extremely beneficial to also bring copies of:

- Recent medical records
- Recent lab work
- Current medications
- Current supplements

If you cannot keep your initial appointment time, please let us know 48 hours in advance to avoid a cancellation fee. For information about naturopathic medicine, you may contact the American Association of Naturopathic Physicians (AANP) at www.naturopathic.org, or the Illinois Association of Naturopathic Physicians (ILANP) at www.ilanp.org. For information about homeopathy, you may contact the Illinois Homeopathic Medical Association (IHMA) at www.homeopathyillinois.org. Please contact us if you have any questions.

I look forward to meeting you and working with you!

Yours in health,

Dr. Simona Ciobanu