

## **What is Included in Your Initial Assessment?**

A few days prior to your initial appointment you will receive an e-mail from your nutritionist with a link to join an app. When you join the app, you will be requested to complete 4 forms so that your nutritionist can better understand your circumstances.

Through these forms, your nutritionist will learn about your goals, your medical history, your family medical history, your overall lifestyle, your eating habits, if you have any allergies/intolerances, any digestive issues, foods you love and foods you don't like, which body systems may need support, what nutrients you may be deficient in, and more.

Prior to your initial appointment, your nutritionist will deeply analyze all your responses. This includes checking any interactions of the medication you are on, checking any deficiencies caused by medications, cross referencing your health concerns with the symptoms you are experiencing in order to get to the root of the issue and beginning to lay out a plan of action. Before you even meet, your nutritionist will have an idea of what plan of action to take in order for you to achieve your goals.

During your initial assessment appointment, you and the nutritionist will deep dive into all the forms and responses and discuss your needs and goals in more detail. Everything will be tailored specifically to suit your unique needs and preferences. For example, some clients prefer more structure, while others prefer some flexibility in their plan. You will discuss what works best for you.

Within 2-3 days of your appointment, you will have a detailed protocol, your meal plan with recipes and a grocery list, as well as recommended lifestyle habits and supplementation. Your nutritionist is available to answer any brief questions or concerns you may have through the Practice Better app Monday-Friday from 10am-6pm.

Follow up appointments will be utilized to help you follow your plan, discuss challenges and successes, and to make any necessary adjustments needed to be successful in achieving your nutrition goals.