



Patient's Appointment Checklist

Before Leaving to Your Appointment:

- Dressed in modest, loose, comfortable clothing that can be easily rolled up above knees and ankles
- Ate a light snack, drank some room-temperature water, and used the restroom.
- Refrained from eating or drinking things that may stain my tongue, and from brushing my tongue today.
- Grabbed my completed forms and state issued photo ID (for new patients):
 - New Patient Intake,
 - "Treatment & Appointment Agreement" and "Informed Consent for Treatment Agreement",
 - HIPAA Information & Consent Form,
 - COVID-19 Informed Consent to Treat Form,
 - Valid state issued photo ID
 - Helpful medical information/records (may also be emailed to fivepillarsacuherbs@gmail.com)
- Grabbed my mask.
- Ask myself: "Do I have a cough, fever, shortness of breath, loss of taste or smell, an unusually rapid heartbeat, or have I been around someone who has or thinks may have COVID-19?" If the answer is "yes" to any of these, I'll call to reschedule my appointment at (347) 433-8151. I may be able to have a Telemed visit instead.

Arriving by the Building

- Call or text FPAOM (347) 433-8151 to notify them that I'm near the building.
 - Remember, I will not be able to enter unless the previous patient(s) have cleared and the treatment room is prepped.
 - Also, arriving later than 10 minutes to my appointment without clearing it beforehand with the practitioner, may mean that I have to reschedule (there's a late cancellation fee in this case).
- Receive the "OK" to walk over and enter the clinic. No need to ring the bell or knock. Just walk in.
- Put on my face mask.
- Completely turn off my cell phone(s), iPad(s), etc.

Proceeding to the Clinic to Enjoy My Treatment

- Upon entering, immediately sanitize or wash my hands with soap and water.
- Provide my completed forms and valid state ID (for my first appointment or if I have not yet provided them).
- When asked to, proceed to the treatment room.
- Place my personal items such as clothes, keys, phone, watch, etc on the chair in the treatment room. Remember to take all my stuff with me when leaving because FPAOM is not held liable for lost, damaged, or stolen items.
- Remove my head covering, jacket, socks and shoes.
- Let my practitioner know if I will need any herbal supplements.
- Inform my practitioner of any changes in health including, medications, treatments, diet, supplements, etc.
- Ask the practitioner any questions I have about my treatment and after-care.
- Pay for my treatment, herbal supplements request, and remaining dues on my account.
- Schedule my next appointment.