

Suzanne Peppell, ND

1457 Hildenbrandt Rd. • Wind Gap PA 18091 • 610-759-7001 • www.SuzanneND.com • info@suzannend.com

How to Make the Most of Your Appointment

1. Inform me of the **reason** for your appointment when scheduling.
2. Fill out the **intake form** completely.
3. Bring your **supplements**.

. . . . a **list of your health concerns** and questions so you can remember all of your goals. Prioritize the list so we can cover the most important items first.

. . . . **recent and/or relevant laboratory results** that pertain to your health concerns.

4. **Prepare children** for appointments by bringing along toys, puzzles, books, or homework. Most children will sit through an appointment if they are properly prepared. Tell children how long you expect the appointment to last and your expectations of them.

Thank you!

Kindly call 24 hours in advance if you need to cancel or reschedule your appointment.



610.759.7001 • www.SuzanneND.com