



# saskatoon NATUROPATHIC MEDICINE

Name: \_\_\_\_\_ Date: \_\_\_\_\_ ND: \_\_\_\_\_

In preparation for your upcoming Naturopathic appointment, the doctors of SNMI have provided the following questions to complete prior to your visit. By answering these questions with *thoughtful detail*, you will obtain the maximum value from your appointment time.

1. What changes have you noticed in your physical and mental health since your last appointment?
2. What challenges have come up for you since your last appointment?
3. What appointments with other healthcare providers have you had since your last appointment? ***If you had blood work, x rays, ultrasound, mammogram, etc. please bring in copies to your visit.***
4. What medically prescribed medications are you taking? Please list name and dosage. Please also note if this is a change in dosage or prescription.
5. Please list all supplements you are currently taking, **including supplements you take on your own and those prescribed by your ND.**
6. What supplements do you have on hand that you were at one point prescribed by the doctors of SNMI but are not currently taking? (time to take a quick inventory!)
7. What is your priority for today's visit?