

## Welcome to Hygeia

We are thrilled that you have decided to share your health care journey with us. Here, at Hygeia we strive to create an environment which offers you comfort, education and the support you need to make the health care decisions that are right for you. We recognize that maintaining health is a journey and we look forward to accompanying you on your personal journey to optimal health.

Enclosed please find some paperwork (we can't do anything without paperwork can we?) which we need to get you registered with our practice. Included in this paperwork you will find

1. **Patient Health History:** Dr. Jacobs will go over your history in much greater detail at your appointment - we need the data in this format to initiate a chart for your in our electronic medical record.
2. **“PAIS” form:** This allows us to access your health information at DHMC. If you do not have any health information at DHMC or do not wish to grant us access to that information do not complete this form.
3. **A Contract:** Please note that there are three different contracts. One for patients with Blue/Cross Blue Shield insurance, one for patients with Medicare and one for all other patients. You will be asked to digitally sign your understanding of the contract upon your arrival to Hygeia – please do not sign until any questions are answered to your satisfaction.
4. **HIPAA notice:** This form simply states that we have made our privacy practices available to you. We will have you sign for this electronically in the office as well.
5. **E-mail Agreement:** Given our hectic schedules we often find e-mail communication to be an efficient way to share information. If you would like to be in e-mail contact with our office please review and sign the e-mail agreement. If you do not wish to communicate with us in this way please do not sign the agreement.

At your first visit we will do a full set of vital signs and assess body composition as Dr. Jacobs feels this is critical information about your overall health status. In order to optimize the results of your Body Composition Analysis we ask that you:

1. Do not eat for 4 hours prior to your visit
2. Do not exercise for 12 hours prior to your visit
3. Do not consume alcohol for 24 hours prior to your visit
4. Drink at least 1 quart of water one hour before your visit (you may void as needed)
5. Do not drink caffeine before your visit
6. If you feel that it will be difficult to accomplish this due to the timing of your visit please let us know so that we can arrange to do the BIA at another time.

We look forward to meeting you and working with you. Please contact us if you have any questions or concerns regarding the above information.