



Important Information Regarding Follow Up Consultations with Dr. Woeller

The information contained in this document is relevant information for getting the most out of your follow-up consultation with Dr. Woeller. Please let us know if you have any questions.

Prior to follow-up consultations:

- Please submit any questions you want Dr. Woeller to address during your consultation (this applies to follow-up consults since initial questions can be submitted in the initial health history questionnaire). These questions can be sent via a separate document or email. Please submit these questions at least 24 hours prior to scheduled consultation time so he has time to review them and do any research necessary to answer them completely.
- Submit a current list of supplements or medications you (or your child) is taking prior to each consultation. Please do not assume Dr. Woeller has your current list, particularly if it has been many months since your last consultation. Things often change, and it is more time efficient for consult purposes and program development for him to have the most current list of items during your follow up consult. We request this list be submitted to our practice at least 24 hours prior to your scheduled consultation time.

After consultation:

- Following your consultation (whether initial or follow-up), Dr. Woeller will create a written program that may include:
 - Summary of pertinent lab findings.
 - Nutrient supplementation list, along with necessary web links for ordering.
 - Laboratory test recommendations.
 - Other information such as articles, educational videos, podcasts.
 - Please allow 2 to 4 business days to receive written program. This program will be sent to you from our practice once Dr. Woeller has completed it.

Follow-up consultations:

- Dr. Woeller will designate within his written program when a follow-up consultation should be scheduled.
- It is recommended that you contact our office as soon as possible to get onto his schedule as time slots fill up quickly.
- It is your responsibility to schedule a follow-up consultation. If it has been longer than 6 months from a stated follow-up consultation request by Dr. Woeller, then the next consultation may be scheduled as an expanded time consultation (or an initial consultation if new labs or information is available) to allow more time to update him on new and evolving information.

Laboratory Testing:

- We use multiple laboratory services for lab test ordering.
- Most laboratory test kits can be sent directly to your home, depending on where you live. Most labs will not ship to NY, and some tests cannot be shipped internationally.
- We often will order test kits from respective laboratories for you directly through our practice and/or other ordering platforms like RUPA Health.
- Some laboratory distribution companies (like RUPA) may distribute lab test results to our office and you as well simultaneously. This means if you paid for and collected samples for three test kits, each test result may come back from the lab at different times (certain labs take longer to process). Our preference is to wait until all test results are back to have a comprehensive follow-up consultation with Dr. Woeller.
- If you choose not to do all the testing that has been recommended or ordered, please let the office know so we can track which results to expect.

Payment and Contact Information:

Finally, please be sure to let us know **at the time you confirm your follow up appointment** if your home/ mailing address or payment information has changed. This will reduce any delays in receiving your written program and lab test kits.

Thank you for being a part of Sunrise Functional Medicine.