

Thank you for interest in Vitality Health.

Prior to your first visit with our Naturopath, please print off the 'Intake Forms' and 'Diet Diary' from the 'New Patient Forms' section of our website. Please fill out these forms and bring them with you to your appointment. The first visit is 60 minutes in length and the cost is \$180. Please give us 24hrs notice should you decide to cancel your visit as we set aside 60 minutes for every new patient.

The first visit includes review of the detailed intake questionnaire, a complaint-oriented physical exam, basic urine analysis (and more specific testing if deemed necessary). Please bring copies of any blood work or laboratory reports that have been taken within the last six months that may help us understand your current health situation. At the second visit, review of findings will be discussed and your individualized treatment plan will be presented to you by the Naturopathic doctor. This plan will include dietary and lifestyle modifications, suggested supplementation, and any additional therapies that might be indicated such as botanical medicine, acupuncture or further testing. This visit will cost \$90. Your need for follow-up visits will be assessed following the second visit, and can range from 15 minutes (\$47) to 30 minutes (\$72).

Vitality Health is located at 411 Huronia Road in Barrie, Ontario, which is on the corner of Big Bay Point and Huronia Road. The office accepts Visa, Mastercard, debit or cash. Most extended health care providers now cover Naturopathic treatments. Please check with your provider to determine the amount of coverage you have in your policy.

Our office is scent-free to respect those clients with allergies or sensitivities.

We look forward to meeting you at your first appointment. Kindly give us a call at 705-733-2033 if you have any questions or if you need to reschedule.

**CANCELLATION POLICY:**

Out of respect for the practitioner's time, we require 24 hours notice for all cancellations or you may be charged for your visit.

Wishing you good health,

Anna Falkowski  
Naturopathic Doctor