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**Name:**

**Date of appointment:**

In preparation for your upcoming Naturopathic appointment, your Naturopathic Doctor has 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 have them faxed to our office (306) 373-5207.***
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 Naturopathic Doctor.**
6. What supplements do you have on hand that you were at one point prescribed by your ND but are not currently taking? (Time to take a quick inventory!)
7. What is your priority for today's visit?