

CASE REVIEW

Before Your Initial Consult

I must receive the following forms, tongue photos and basic blood work before I can schedule your initial consultation. I analyze all this information ahead of time to generate my initial findings, which I discuss with you during the Initial Consultation.

Forms

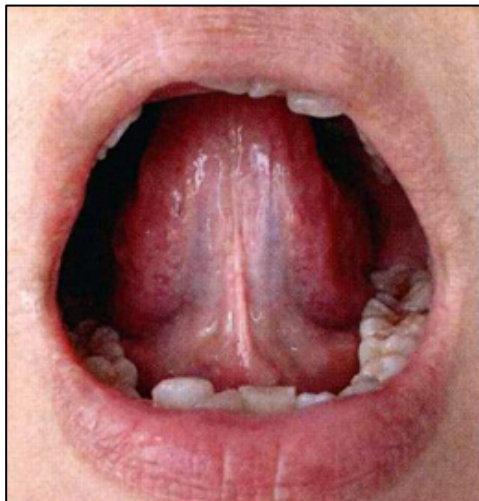
Read through, fill out and send me the following forms.

- New Client Questionnaire
- Consent to Services
- Notice of Privacy Practices (for you to keep)
- Herbal Dispensary Safety Information

Tongue Photos

Email me a photo of the topside and underside of your tongue, as depicted below:

- Ideally taken in the morning after waking and before exercise.
- If taken during the day take them 2 hours before or after meals.
- Stick out tongue enough to see it fully, but don't strain.
- To get a sufficient quality photo, it will require somebody else to take the photo.



Blood Chemistry Panel & Diagnostic Testing

Send me a copy of your most recent blood chemistry labs.

- Should be no more than 6 months old. If not, get more recent blood work done, which is typically conducted as part of a regular physical (its almost always covered by health insurance).
- Should contain a Comprehensive Metabolic Panel (CMP), Electrolyte Panel & Lipid Profile (You can mention these 3 to your doctor, they'll understand).

Send me a copy of any other pertinent labs or functional diagnostic testing you've conducted, which may include:

- Comprehensive Digestive Stool Analysis (CDSA)
- Comprehensive Thyroid Panel
- Neurotransmitter Testing
- Urine Hormone Testing
- Urinary Organic Acids Testing
- Salivary Hormone Testing

Medical Records (optional)

Mail me a copy of any relevant medical records from physicians or health care providers. These aren't essential, but sometimes can be helpful. I use these to gather insights into perspectives of physicians & other practitioners you've worked with, as well as the interventions they have tried with you.

NOTE: Medical records can only be released with your authorization.

Skype Technology Setup

1. You'll need to create a Skype account & install Skype on your computer, laptop or tablet: www.skype.com
2. Once installed & your account is created, login to Skype.
3. You'll see a message saying, "Rohan Jasani would like to add you on Skype."
4. Click the "Accept" button. Finished 😊

INITIAL CONSULTATION

Appointment

A few things to note, right before the consult begins:

- Make sure you are in a separate quiet room, with nobody else around to disturb you.
- Make sure you are on a desktop, laptop or tablet that is placed on a table.
- I will call you via Skype at your appointment time.

INTEGRATIVE HEALTH PROGRAM

After Initial Consultation

Once the consult is over, in the next few days you will receive your personalized Integrative Health Program, which may include:

- Custom Herbal Formula & Protocol
- Dietary Recommendations
- Lifestyle Recommendations
- OTC Herbal Supplement Recommendations (via My Virtual Dispensary)
- OTC Nutritional Supplement Recommendations (via My Virtual Dispensary)
- Educational Handouts & Resources
- At-Home Testing Recommendations
- Additional Diagnostic Testing Recommendations

You'll also receive an Invoice for the Consultation Fees.

FOLLOW-UP CONSULTATIONS

Appointment

Initially these are scheduled regularly at approximately 1 month intervals and then with in a few months, they are schedule on an as needed basis. During these appointments, progress is assessed and changes are made to evolve your Integrative Health Program so it better meets your needs.

Additional Information

Communications

As much as I would like to answer all your questions between appointments, I wouldn't be able to run a practice to serve others if I did so. If you could be mindful of the number & types of questions that you email me about, it would be greatly appreciated. However, if something concerning has come up & it absolutely can't wait until the next appointment, don't hesitate to contact me.

Video Conferencing

- Consultations **MUST** occur over Skype.
- You **MUST** only use a desktop, laptop or tablet (e.g. iPad). A smartphone (e.g. iPhone, Samsung Galaxy, etc.) is **NOT** appropriate, since the screen is way too small.
- Your device **MUST** sit independently on a table or desk (i.e. not on your lap or held in place). It can be quite distracting to both you and me, if the screen is shaking & moving constantly.
- Consultation **MUST** occur in a private non-mobile (i.e. not in the car or while walking) setting, where nobody else is around. This eliminates disturbances, allows us maximize our time together and makes for a better experience for you.

Custom Herbal Formulas

- Fees for Custom Herbal Formulas are coordinated with & paid directly to the Herbal Dispensary.
- They are not mixed & prepared until the Herbal Dispensary has received payment & confirmed your shipping address.
- Assume it'll take at least 1 week to arrive from the time you've paid for them.
- Please keep track of your supply of herbs and let me know if you feel you'll run out before your next appointment.

Cancellations

If an emergency comes up requiring you to cancel, please do inform me as soon as possible, that way I can schedule other clients in your timeslot.

