

Health Check-Up Readiness Guidelines

Dear [Patient's Name],

We hope this message finds you well. As your scheduled health check-up approaches, we would like to provide you with a few guidelines to ensure your visit is as smooth and effective as possible.

Preparation for Your Appointment

- Bring a valid ID and your insurance card.
- List any medications you are currently taking, including dosage and frequency.
- Arrive at least 15 minutes early to complete any necessary paperwork.
- Wear comfortable clothing for easy examination.

If You Are an Adult Patient

- Avoid eating or drinking (except water) for at least 8 hours prior to fasting blood tests.
- Be prepared to discuss your medical history and any current health concerns.

If You Are a Pediatric Patient

- Keep your child comfortable and bring any favorite toys or books.
- Ensure your child is well-rested for their appointment.

Post-Visit

After your check-up, you will receive a summary of your visit and any necessary follow-up instructions.

If you have any questions, feel free to contact our office at [Office Phone Number].

Thank you for being proactive about your health!

Sincerely,

[Your Healthcare Provider's Name]

[Your Healthcare Provider's Address]

[Your Healthcare Provider's Contact Information]