

Wellness Evaluation Preparation

Dear [Recipient's Name],

We are pleased to inform you about your upcoming wellness evaluation scheduled for [Date] at [Time]. This evaluation is an important step in assessing your overall health and well-being.

Preparation Details

- **Fasting:** Please refrain from eating or drinking anything except water for at least 8 hours before your evaluation.
- **Medications:** Continue taking any prescribed medications as directed, unless otherwise advised.
- **Clothing:** Wear comfortable clothing and be prepared for physical assessments if applicable.
- **Identification:** Bring a valid photo ID and any insurance information.
- **Arrival:** Arrive at least 15 minutes early to complete any necessary paperwork.

If you have any questions or need further assistance, please do not hesitate to contact us at [Contact Information].

We look forward to seeing you soon!

Sincerely,

[Your Name]

[Your Title]

[Your Organization]