

# WHAT TO EXPECT ON YOUR FIRST VISIT



Your first visit includes several different tests and services. Below is a list of the tests and services that will be provided to you on your first visit. Some services are an additional charge which is listed for your review.

- ❖ **Arterial Stiffness Index (ASI)** – Measures the stiffness of the brachial artery in the arm. The result is a number that ideally should be below 80 meaning the vessel is of normal stiffness.
- ❖ **Total Body Composition** – Measures total fat, body mass index (BMI), water percentage, lean mass weight and ideal body weight. A height is also measured along with a waist measurement to look at the height/waist ratio.
- ❖ **Visual Contrast Sensitivity (VCS)** – An evaluation of the visual contrast which may indicate an issue with either biotoxins or neurologic infections. If this has a fail score, an Environmental Questionnaire will be filled out to explore further possibilities of illness.
- ❖ **Positional Vital Signs** – Taking blood pressure and pulse while supine and standing can give important information about mineral and water status.
- ❖ **Saliva Testing** – Evaluation of pH level.
- ❖ **Zinc Tally Testing** – Evaluation of zinc needs and requirements.
- ❖ **Iodine Spot Test** – To evaluate for the bioavailability of Iodine which is important for thyroid function.
- ❖ **Urine Dipstick** – This is a \$15.00 fee that evaluates pH, infection, sugar, protein and liver imbalance in the first morning urine.
- ❖ **Computer Entry** – All prescription and nutritional supplements will be entered to be filed in your permanent record.
- ❖ **Physician Evaluation** – This may take between 60 – 120 minutes as the history, medical records, physical exam and laboratory testing will be evaluated. A treatment plan may be initiated at this step.
- ❖ **RN Education and Consultation** – This will include handouts, computer printout of the days visit, possible injections or IV therapy and instructions.
- ❖ **Blood Draw** – Any blood drawn at FVWC will have a \$40.00 draw fee for all blood drawn each visit.
- ❖ **Nutritional Counseling** – A one hour nutritional consultation will be done on every new patient. This is a one-time \$75.00 fee that can be done as an individual, family or group. The importance of nutrition in our program is critically important. A follow-up microscopy evaluation to individualize the nutritional status of the patient can be scheduled in follow-up.

**PLEASE NOTE:** There are additional charges for any other provider services, IV administration and lab charges.