

PATIENT RESPONSIBILITY & COMPLIANCE AT FOX VALLEY WELLNESS CENTER/ MIDWEST HYPERBARICS™

**STEVEN G. MERESS MD, FACP, ABHIM
DONNA J. ABFALL, ND
BRIAN BORDEN, ND**

- Dr. Meress, Dr. Abfall, Dr. Borden and the entire staff at Fox ValleyWellness Center strive to provide you the educational tools to understand your healthcare issues. Help us by being an integral part of your care. Be proactive, read the information we provide and seek out additional resources to foster your ability to understand your illness. Compliance with the following recommendations will maximize your healing response:
- Elimination of all caffeine and stimulants.
- Cessation of all nicotine products.
- Low intensity exercise and activities are encouraged. However, we prefer you refrain from activities that induce sweating.
- Compliance relative to supplement and dietary recommendations are strongly encouraged.
- You, the patient, are responsible for obtaining your laboratory blood draws at the time your doctor has ordered them. A consequence of non compliance to ordered blood draw times is the absence of blood test results on the day of your appointment. This may influence the intended care plan your doctor would have discussed with you.
- When late blood draw test results are received, a second followup appointment will be scheduled. The doctor will discuss your test results at the appointment. A followup appointment charge may be assessed.
- If urine and saliva samples are needed prior to a doctor visit, you, the patient, are responsible for obtaining your first morning urine at home and fasting per directions until able to provide saliva samples at time of visit. Directions will be mailed.
- Questions relating to prescription medication should be directed to your pharmacy. Refill requests are usually generated from your pharmacy. FVWC will refill prescriptions upon pharmacy fax/telephone requests. Exceptions to this will be antibiotic/pain medications.
- More than five (5) calls between appointments will result in a \$50.00 charge.
- In an effort to meet your immediate concerns, we will schedule a telephone consult with your provider if you have multiple/complex questions between scheduled appointments but you will be responsible for our phone consult fee.
- Maximization of proper sleep and nutrition will positively impact your body's ability to heal.

Patient Signature: _____

Date: _____