

YOU KEEP THIS PIECE OF PAPER. IT IS A CHECKLIST FOR YOUR FIRST VISIT

- ☐ Bring your medical insurance card, prescription card, photo ID, and a list of your current medications.
- ☐ The people at the information desk are not employees of Montana Headache Clinic. If someone is present when you arrive, notify them that you are there for Beth as you are taking a seat. I will come for you when I finish with the patient before you.
- ☐ If you live outside of Missoula, traffic and parking are difficult, add an hour to what you think it would take. I try very hard to stay on time. People that take off work to come to a visit need to be able to count on a specific timeframe to tell their supervisor and not have to take a full day off. If someone comes late for an appointment, I have them reschedule because it is not fair to all the ones that come behind them.
- ☐ If you live in Missoula, traffic and parking are difficult, add 30 minutes to what you think it would usually take.
- ☐ The first visit can take 1 ½ to 2 hours. Do not bring small children to this visit. They will distract you from the large amount of information you will receive, and they will be miserable. They are welcome to come to every visit afterwards.
- ☐ Please do not wear perfume, cologne, body sprays, or lotions that have a scent. I will get a migraine.
- ☐ If you wear contacts, wear your glasses for this first visit. I will be doing an eye exam.
- ☐ The remainder of this packet must be returned **BEFORE** you are scheduled. There are more reasons than I have room to list why that is important. You can mail it back, scan then email it back [beth@mtheadacheclinic.com] or drop it off. Patients are scheduled mostly in the order of the returned packets. The sooner you return your packet, the sooner you get scheduled.