

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. However, they are more than happy to help you find me. Just ask them to direct you to Beth McGee or the Headache Clinic. If there is a sign on the door saying I am with someone else or the door is locked, have a seat across the hall from my door and I will come for you when I have finished with the one before you. Don't worry....I am expecting you.
- ☐ If you live outside of Missoula, traffic is a bear, 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 is a bear, 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 may be doing an eye exam.