

Follow-Up AME Visit Instructions

****IMPORTANT****

DO NOT MISS THESE!

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- Follow-up visits are generally **8 weeks** after the previous visit. This is when a full bottle taken three times daily should be running out. Make sure and make your follow-up appointment prior to running out of your nutritional supplements. **We cannot stress enough how important these follow-up visits are to maintaining any progress you have already made.**
 - Fill out the ***Follow-Up Symptom List*** located on the website (www.aspirehealthoptions.com/forms) and send it to sher@aspirehealthoptions.com at least **3 business days prior** to your follow up visit.
 - **Do NOT take your nutritional supplements (Sols) within 5 hours of the time you come for your follow up visit.** If you do, it could **negatively affect the evaluation!!!** It is recommended you **put this on your calendar as we cannot guarantee to remind you.**
 - **Bring a list of how much liquid is remaining in each of your nutritional supplement bottles.** This will ensure you get out in a timely manner after your appointment. This is important in that we don't sell you more bottles than you need and so we make sure you get what you do need.
 - If your pulse is difficult to find, drink plenty of water prior to your appointment.

Client/Guardian Signature

Date