



Northern Virginia Natural Health
2212 Mt. Vernon Ave, 2nd floor suite
Alexandria, VA 22301
(571) 228-9718

Lucky Bennett, ND
Naturopathic Doctor

www.LuckyBennettND.com

Your First Visit: What to Expect

Your first visit will be 60 minutes. During that visit, I will do a thorough intake of your history, as well as ask you questions about your eating habits, exercise, stress level, sleep, etc. This is an opportunity for you to tell me about how you have arrived at your current level of health, and allows me to start to get to know you. I take a global approach with my clients, so I want to get information about many aspects of your life. You will leave your first visit with a comprehensive Naturopathic treatment plan.

Follow-up appointments are 30 minutes, and allow us to check in and monitor your progress, as well as address other issues that may arise. I expect clients to follow-up every 4-6 weeks, or sooner for some complex or acute cases.

Paperwork: Please arrive 10-15 minutes before your first visit to complete your intake paperwork. Or if you prefer, I will email you the paperwork to complete at home and bring to your visit.

Please bring the following to your first appointment:

- ✓ Copies of any labwork or imaging from the past 2 years.
- ✓ A complete list of your current medications, both prescription and over-the-counter, including dosage.
- ✓ A complete list of any supplements, herbs, or homeopathic remedies you are currently taking, including brand and dosage.
- ✓ If you think it will be beneficial, a typed or neatly handwritten timeline of your health history.

Parking is available in the parking lot behind the building. Street parking is also available.

When you arrive, make yourself comfortable in the waiting room. Several practitioners share space in the Vital Body & Mind Therapies building where my office is located, so there may be others in the waiting room. Please help yourself to water or tea. The restroom is located just beyond the waiting room.

Appointment Fees: Initial Visit (60 minutes) \$150
Follow-up Visits (30 minutes) \$80
*Appointment fees do not include supplements

Payment: I accept cash, checks, and credit/debit cards (Visa, MC, AmEx). Payment is expected at the time of your visit.

If you have any questions prior to your visit, please contact me at info@LuckyBennettND.com or 571-228-9718.

I look forward to meeting you!