



COURTESY REMINDERS REGARDING YOUR INITIAL WEIGHT LOSS OR HORMONE REPLACEMENT THERAPY CONSULTATION AT ONE BODY DFW

Welcome to One Body Weight Loss & Wellness Center!

As you prepare for your weight loss or hormone replacement therapy consultation, please take a moment to review these courtesy reminders.

Your initial two visits will take the longest as we take time to get to know our patients and our treatment programs are not one size fits all. They are customized to you, as in individual. For your first two visits only, please plan on being in our office 60-90 minutes. Please arrive 15 minutes before your appointment to check-in and ***make sure you have all forms printed and filled out ahead of time.***

(These can be downloaded on our website here:

<http://www.onebodydfw.com/about/download-patient-forms/>)

This will make the process go more quickly. Your future visits thereafter will range from 5-15 minutes long.

For Weight loss patients only:

On your initial visit, we perform an EKG on all patients.

Please remember the following:

- * Wear a button-down shirt/blouse
- * Do not apply lotions or powders or oils of any kind to your chest area

All Weight Loss and Hormone Replacement Therapy Patients:

On your initial visit we perform a blood draw/lab panel

If you have been scheduled for an initial or follow up visit and are having your blood drawn at our practice, please do not eat or drink anything 8 hours prior to your appointment except water. Please drink three to five 8-ounce glasses of water before your appointment.

Please feel free to call our office at 817-238-2200 with any questions