

YOUR OFFICE VISIT WITH DR MAYER



Your initial visit at the Avon Integrative Health Center will include the completion of confidential forms. You can download the necessary forms (under the “Patient Forms” tab) and complete them ahead of your visit to save time. Please bring your health insurance card and any copies of test results (e.g. blood lab, x-ray, MRI, etc). You should come a few minutes early for your appointment to complete the paperwork and allow more time to spend with Dr. Mayer.

Dr. Mayer will ask questions about your present health problems, health history, diet and activities of daily living. He will then perform a detailed physical examination, which may include an assessment of sensation, coordination, balance, strength and range of motion.



Dr. Mayer will discuss your health problem causes and care recommendations. He will develop an individualized healthcare plan, integrating healthcare approaches to address the physical, emotional and nutritional stress factors that contribute to your health problem. Manipulative therapy, as well as dietary modifications, nutritional supplementation, relaxation techniques, neuromuscular exercises and ergonomics may be emphasized.

Routine office visits include a brief re-evaluation. Your progress will be monitored and the care plan will be modified as your healthcare needs change. The duration of healthcare recommended by Dr. Mayer will depend upon the stress factors contributing to your problem. Healing takes time!



Dr. Mayer will help you set attainable goals, but you must take responsibility for your own health and be an active participant. Your willingness and ability to comply with the recommendations can impact whether the goals of the care plan are met. Achieving optimal health takes desire, patience and commitment.

Please be on time for your appointments. We do not over-book appointments, so we make every effort to minimize waiting room time. Call us if you are going to be late or if you need to change your appointment.



Patients often seek care at the Avon Integrative Health Center for pain, dizziness, numbness and weakness. Some seek dietary advice to help manage health disorders. Others wish to maintain their health through general wellness care. “Wellness” office visits, just like regular dental or eye exams, may help identify health disorders before they become more serious.