

YOUR OFFICE VISIT WITH DR. MAYER



Your initial visit at the Avon Integrative Health Center will include the completion of questionnaires. You should come a few minutes early for your appointment to complete the paperwork and allow more time to spend with Dr. Mayer. You can download the forms from the website (under the "Online Forms" tab), print and complete them before your visit, to save time. Please bring your health insurance card and any copies of laboratory test results, and x-ray/MRI reports.

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 range of motion, strength, sensation, coordination and balance. Dr. Mayer may order blood tests and x-rays to support his diagnosis.



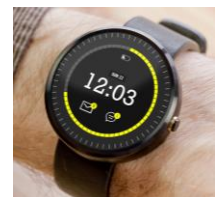
Dr. Mayer will discuss your health problem and care recommendations. He will develop an individualized healthcare plan, integrating approaches that address the physical, emotional and nutritional stress factors that contribute to your health problem. Manipulative therapy, as well as dietary modifications, nutritional supplementation, 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 condition and stress factors contributing to your problem. Healing takes time!

A photograph of a laboratory test result slip. The slip lists various blood tests and their results, including ALP, AST, GGT, ALT, Albumin, Lipid Profile, Cholesterol, Triglyceride, HDL-Cholesterol, LDL-Cholesterol, Non-HDL-Cholesterol, and HDL Ratio. The results are compared to normal ranges.

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 commitment and patience!

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. When making appointments, let us know if are experiencing a new problem so we may schedule more time if needed.



Patients often seek care from Dr. Mayer 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.