



Lifestyle **EDUCATION** – Appointment Instructions

Welcome to the Lifestyle Education program at the Riordan Clinic! We are glad you have chosen to invest in your health. We have been helping individuals maximize their health potential since 1975 and we are looking forward to assisting you.

The Lifestyle Education program utilizes a specialized approach with each individual participant. You will work one on one with a certified Lifestyle Educator (LE) who will assist you in identifying and overcoming high-risk health concerns. In addition, your LE will teach you techniques for nourishing and balancing the body naturally. The results will be improved knowledge, coupled with tangible results, to make healthy choices that will last you a lifetime.

Optimizing Your Consultation

Being prepared for your Lifestyle consultations will optimize your health benefits. During your first visit we will do preliminary measurements, including a Bioimpedence Analysis (BIA). Please adhere to the guidelines listed below in preparation for your BIA test. Following the guidelines will provide the most accurate BIA test result. This important test acts as a benchmark for the Lifestyle Education work we will do together.

- Do not eat for 4 hours prior to your appointment
- Do not exercise for 12 hours prior to your appointment
- Do not consume alcohol for 24 hours prior to your appointment
- Drink at least 1 quart of water one hour before your appointment. (You may urinate as needed.)
- Do not drink caffeine the day of your appointment.
- Wear clothing that allows access to your right foot with removable footwear. (No pantyhose please.)

If you choose to continue with additional Lifestyle Education visits we will review your personal and family health history, review test results, and analyze your current lifestyle and state of health. This comprehensive, individualized, step-by-step program will help you clarify and address your specific health goals.

If you should need to cancel your appointment, please do so 48 hours prior to your scheduled time. There is a \$25 NO SHOW fee if cancellation is not made at least 48 hours prior to your appointment. We thank you in advance for your cooperation. We are looking forward to beginning the exciting Lifestyle Education journey with you today!

Appointment Reminder

Your appointment is scheduled for:

Date: _____, ____/____/____ Time: _____AM/PM

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