

Follow-Up AME Visit Instructions

****IMPORTANT****
DO NOT MISS THESE!

- Follow-up visits are generally **8 weeks** after the previous visit. This is when a full bottle taken three times daily should be running out. Make sure and make your follow-up appointment prior to running out of your nutritional supplements. **We cannot stress enough how important these follow-up visits are to maintaining any progress you have already made.**
- Fill out the **Follow-Up Symptom List** located on the website (www.aboundinghope.life/forms) and send it to kerry@aboundinghope.life at least **3 business days prior** to your follow up visit.
- **Do NOT take your nutritional supplements (Sols) within 5 hours of the time you come for your follow up visit.** If you do, it could **negatively affect the evaluation!!!** It is recommended you **put this on your calendar as we cannot guarantee to remind you.**
- **Bring a list of how much liquid is remaining in each of your nutritional supplement bottles.** This will ensure you get out in a timely manner after your appointment. This is important in that we don't sell you more bottles than you need and so we make sure you get what you do need.
- If your pulse is difficult to find, drink plenty of water prior to your appointment.

Client/Guardian Signature

Date