**** 3050 W 151St Ct.

Suite 100

Broomfield, CO 80023

www.aboundinghope.life

(303) 494-3116 Office

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](mailto: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.

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Client/Guardian Signature Date