Tracy Kauffman-Wood

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Thursday, 02/15/2018

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GOALS TIME FRAME

Improve \_\_\_\_\_\_\_\_\_\_\_ 2-3 months

Advance Understanding/Knowledge Now & Continuous

Identify Root Cause(s) of Problems Now & Continuous

Improve \_\_\_\_\_\_\_\_\_\_\_ 2-6 months

DIAGNOSES

Fatigue

Hypothyroid

Osteoporosis

DISCUSSSION/STATUS (see separate page for CC, Interval Hx)

Recent worsening fatigue, probably related to being off Nt for 6m. Hypo for

10-20 yrs. REcent labs by PCP w low D, high cholesterol. Also w 2 cm thyroid

nodule, FNA pending 2/27. Has been on Armour in the past, was on NT for yrs

until became unavailable. Recent Dexa w osteporosis. Not a big pill taker,

but seeking optimal health/longevisty. Mother and aunt w hypothryoid.

IMPRESSION

Long-standing hypothyroid, now w fatigue, osteoporosis

ACTION PLAN: SEPARATE DIFFERENT NUMBERS BY 3-4 DAYS (F=Future).

STEP ACTION RATIONALE.

1a FOLLOW-UP TO VISIT 1: .

1c From PCP: CBC,CMP,Lipid,UA,TSH,PSA To avoid duplicate lab charge .

1d Review, begin Level 1 Changes patient/level\_1\_changes.pdf .

1e Clarify health ins deductible, HSA, year start, for labs .

1f 48 business hour cancellation To avoid cancellation fee.

1g No changes in medications unless specified .

1h Budget for EFA test: .

2a -------------------------------------- ------------------------------.

2b PREPARE FOR VISIT 2 ON WEBSITE: .

2c Complete Musculo-Skeletal Survey and bring to visit .

3a -------------------------------------- ------------------------------.

3b DAY BEFORE/MORNING OF VISIT 2: .

3c Proper attire for physical: No polish, makeup, lotion, anti-perspiran.

3d No scents in Center Patients sensitive .

3e Arrive 10 minutes early for prep .

SUPPLEMENT PURPOSES (SEE 'CAP' FOR SCHEDULE)

Name........... Number.. Revised.... Purpose.................

FOLLOW-UP PURPOSE

1-14 days Vis 2:Physical/Labs

99205 > half the total 60+ min face-to-face in counseling MD Sig: \_\_\_\_\_\_\_\_\_\_\_\_