Tracy Kauffman-Wood

 Visit # 1, Page 2 of 2

 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: \_\_\_\_\_\_\_\_\_\_\_\_