

Women's Health Consultation Checklist

Before your appointment:

- Complete & send the **Intake Forms**. This includes:
 - Menopause Health Questionnaire
 - Burnout Quiz
 - Calcium Calculator
- Create a list of all current medications & supplements (prescription & over the counter). Use **this template**.
- Inform your doctor about your upcoming consultation.
- Review the **Blood Work List** (not required though some bloodwork may be helpful). *Reach out to confirm if this applies to you.*
- Review our **Fees & Cancellation Policy**.

What to bring to your consultation:

- Intake Forms (*unless emailed*).
- A complete list of current medications & supplements.
- The actual bottles of all prescribed medications.
- Your OHIP Card.
- Any prior bloodwork (if applicable)

For any questions, please do not hesitate to contact us!