

# YOUR FIRST VISIT

Your first visit to Berezny Chiropractic is when we focus on gathering information about you, your health history, and your present condition or reason for visiting our office. When you arrive, our friendly staff will provide you with intake forms specific to your situation. These forms are designed to

- Gather personal information about you to help us learn more about you and your unique health status;
- Aid us in filing your insurance claims, if necessary; and
- Let you know how we strive to protect your private health information with our HIPAA privacy practices.

You can download the standard intake forms by clicking [here](#), which will facilitate an efficient first scheduled visit. The typical first visit takes about one hour. It may also help if when you call our office to schedule your first visit, you provide us with your insurance information in advance so that we may call to find out, to the best of our ability, your insurance coverage for care, if any. Many of our patients do not have insurance coverage. That's okay, we have always taken pride in our desire to make care affordable to all who wish to receive care in our office.

Once your paperwork is complete, you will then have an opportunity to speak with the doctor for a consultation. The doctor will go over your paperwork and ask any additional questions which may be necessary. During this time the doctor will take the time to check your spine to see if your problem can be helped through chiropractic care. Upon completion of this initial spinal screening, a more thorough spinal examination will be conducted, which may include spinal x-rays, if necessary, to further evaluate your condition, and to better learn how to correct your problem.

Following the comprehensive history, consultation, exam and x-rays (if necessary), the doctor may wish to begin treatment the same day, in order to begin to achieve the relief and spinal correction you desire. At times it may be necessary to delay the first treatment (called an adjustment) until the second visit. There are three phases to chiropractic care that will begin at this time. You can learn more about these three distinct phases by clicking [here](#), or of course you can always talk to the doctor and/or staff about this topic.

Following the start of your treatment plan, you will be asked to attend one of our HEALTH TALKS. This presentation goes into great detail about how the body is designed to be healthy and what is necessary to maintain a healthy body. We also cover the various causes of vertebral subluxations so our patients can better avoid future injury and stress to the spine and nervous system. The Health Talk is when the patient learns the most about their condition and how to get better faster, stay healthier, and raise healthier families.

After attending a Health Talk, it is time for a better educated patient to receive a report of findings, a time one on one with the doctor to see their x-rays and discuss what it will take to achieve the spinal correction and restored nerve function necessary to get and stay well.

We at Berezny Chiropractic always value your time and we rarely have patients waiting more than a few minutes to see the doctor for their adjustments. We also place great emphasis on educating our patients to take better care of themselves, allowing them to make healthier choices, take control of their health, and raise healthier families.

We look forward to taking care of you.

If you are not sure if chiropractic can help you, and would like to receive a no cost, no obligation exam and consultation (normally a \$75 value!), just [click here](#), print the certificate and call our office to schedule a time to meet with the doctor to have your spine checked and see if chiropractic is what you need to feel better and get healthier. It will not cost you a thing. You have got nothing to lose and a world of better health and improved quality of life to gain!