

# Welcome!

Kathleen Lanka, MS, FNP  
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Dear Prospective Client,

I look forward to connecting and supporting you in your health goals. Please fill out and return the health history form before our visit. I encourage you to take some quiet time to fill it out. I have found that when people do this, they are able to make connections between events in their health history and their current state of health that they may not have made before. Filling this out ahead of time and sending it back to me will help us to use our time together more efficiently.

Payment is due at the time of your visit. I accept Venmo, PayPal, and personal checks. I am happy to furnish you with a receipt upon request. I encourage you to book your initial visit for 80 minutes. However, if you feel we can address your needs in 50 minutes, you are welcome to schedule accordingly. If we find that you require more time, we can book additional visits as needed. Visit fees are outlined in the chart below.

Type of Visit	Length of Visit	Charge
Initial or Long Visit	80 minutes	\$210
Initial or Long Visit	50 minutes	\$150
Follow-up Visit	25 minutes	\$75
Brief Follow-up Visit	15 minutes	\$40

Please be available for your appointment on time so that our visit will not be limited. Please have your medical questionnaire filled out and sent to me along with all pertinent medical records including: a copy of your last exam, blood/saliva tests, mammogram, bone density, and Pap smear results.

I would appreciate commitment on your part to keep the scheduled appointment as I have set aside this time to share with you. I have a 24-hour cancellation policy. If cancellations are not made within this time frame, you may be charged up to 50% of the visit fee. I sincerely look forward to working with you on the path to greater health.

Be Well,

*Kathleen Lanka, MS, FNP*

