

HOW TO GET THE MOST OUT OF YOUR APPOINTMENT

LONGER APPOINTMENTS = FASTER RESULTS

We have found that patients report faster and more complete results when they schedule longer appointments. They also save money in the long run. **KEEP IN MIND THAT LONGER APPOINTMENTS ARE MORE COST EFFECTIVE** as Dr. Pepi will have more time to focus on and get to the bottom of handling your long term health goals.

STATE YOUR GOAL CLEARLY

Please be clear about what your goal is for your appointment with the doctor. If you want to spend your appointment in consultation, that will take the place of treatment.

QUESTIONS FOR THE DOCTOR

If you have any questions for the doctor, please have them available at the beginning of your appointment.