



New Functional Wellness Patient Checklist

To assure you have a meaningful consult with Dr. Buchert, we require the following:

- Complete Living matrix one (1) week PRIOR to your appointment.
- Bring completed Functional Wellness Seminar Questions to your appointment.
- Bring completed 3-page Functional Wellness Questionnaire to your appointment.
- My spouse/significant other will attend my appointment to be involved in my conversation with Dr. Buchert regarding making decisions to move forward with my health.
- I understand that Functional Medicine requires not only a personal commitment for exciting change, but also a financial commitment to have the resources needed on this amazing journey. I am prepared to discuss and make the financial commitment needed on the day of my consultation to move forward at Mint Health.

Functional Wellness Seminar Questions

(Hint: The answers come in order with the slides! When we schedule your appointment, Brittany our health coach will ask you a few answers from the list to be sure that you have learned all the important points and will be prepared for your consult with Dr. Buchert! We look forward to meeting you soon!)

How is Functional Medicine different from the approach that is usually taken in conventional care?

Why is it critical for us to approach our health differently than most doctors and patients are doing?

How is our health insurance/medical system either helping or failing in approaching our health?

What are four motivators for change? What is YOUR biggest motivator?

What are three negative stress impacts on health? What do you think YOUR biggest stressor is?

List three of the “red light symptoms” we discussed that are a cause for concern in YOUR health?

What are four common hormone disruptions people have, and don’t even realize, that can ruin your health?

Why is it important for you to be evaluated for and know if you have any autoimmunity in your body? What are the risks over time?

Why do most people fail when trying to get their health better, resolve symptoms, live a better life?

Dr. Buchert describes a two part system that we use to help people reach their goals. What are the two “parallel paths”?

When does life insurance & car insurance help you? When does the health insurance/ medical industry help us?

Dr. Buchert discussed that investing into yourself to help your body become “well” rather than just following “a pill for every ill” path, is similar to a common medical need that comes up for middle school aged kids. What analogy did she use? How are these things similar?

What is the biggest factor in determining if we can work with you in the Functional Wellness model and if you will be successful in improving your symptoms and changing your health trajectory for life?

Functional Wellness Questionnaire

Initial Consultation

Name: _____ Date: _____

Main Complaints:

1) _____ 2) _____
3) _____ 4) _____

How long have you suffered with this problem? _____

Any other complaints: _____

Would you like improvement with any of the following?

- Digestion: Reflux, Gas, Constipation
- Sleep: Falling asleep or staying asleep
- Sense of Well Being
- Energy
- Other: _____

What have you tried doing to resolve this problem that Did Not work?

Have you become discouraged or stressed about handling this problem?

When your problem is at its worst, how does it make you feel?

How does this problem interfere with the following areas in your life?

Work: _____
Family: _____
Hobbies: _____
Life: _____

When it's at it's worst, how much older does this make you feel? _____

Do you know how this problem may have started? _____

What effect does this have on your body functions? _____

Are you here visiting us to:

- a) Resolve my immediate problem
- b) Life style program for optimized living
- c) Both
- d) Other: _____

How have you taken care of your health in the past?

Medications	Holistic
Routine medical	Vitamins
Exercise	Chiropractic
Diet and Nutrition	Other: _____

How did the previous methods work for you? _____

What are you afraid this might be or will be affecting without change? Please circle

Job	Freedom
Kids	Future abilities
Marriage	Finances
Sleep	Time

Are there any health conditions you are afraid this might turn into?

Diminished Future abilities	Surgery
Stress	Arthritis
Weight gain	Cancer
Heart disease	Diabetes
Depression	Other: _____

Where do you picture yourself being in the next 3-5 years if this problem is not taken care of? Please be specific _____

What would be different or better without this problem? Please circle:

Diminished stress
More energy
Self esteem
Confidence

Sleep
Work
Outlook
Family

If we were to sit down and discuss your life 3 years from now and look back at today, what would have to have happened for you to be happy with your progress?
(Please take your time and don't sell yourself short! Include anything that is part of your happiness, whether health, family, work, finances, travel, marriage or bucket list)

What potential barriers do you foresee that would prevent these things from happening?

Do you feel it is possible to eliminate or prevent these potential barriers?

What are your strengths that will enable you to accomplish your goals?

Rate on a scale of 1-10:

- _____ How important is it for you to resolve your health concerns?
_____ Do you feel that you are coachable and would enjoy a mentor in helping you?
_____ Are you prepared to make the appropriate lifestyle changes that may be necessary in order to achieve your goals?

Thank You!
