



## Easy Patient Preparedness Treatment Checklist

### **Before Leaving the House or Office:**

- Please dress in loose, comfortable clothing that can be easily rolled up.
- Eat a snack, take a last sip of water, and use your household restroom.
- Grab your **completed** COVID-19 consent form.
- If you're a new patient, grab your **completed** New Patient Intake Forms.
- Grab your mask or face covering.
- Take your temperature. Write it down here \_\_\_\_\_.
- Ask yourself: "Have I been around someone who has or thinks they have COVID-19?"
- Ask yourself: "Do I have a new dry cough, shortness of breath, or loss of taste or smell?"
- If my temperature is less than 100.4 and I answered "No" to the above questions, proceed to Herb + Ohm.
- If my temperature is 100.4 or higher or I answered "Yes" to either of the above questions, call Herb + Ohm to reschedule my appointment. Herb + Ohm: 312-757-1882.

### **Arrival at Building:**

- Please arrive at Herb + Ohm no sooner than 5 minutes prior to your scheduled appointment, or more than 5 minutes after.
- Be prepared to have your temperature taken upon arrival to the office.
- Make sure you have your completed COVID-19 consent form.
- Put on your mask or face covering.

### **Proceed to Clinic and Enjoy Your Treatment:**

- Upon entering, immediately sanitize your hands with sanitizer at our front desk.
- Upon arrival at Herb + Ohm, provide your completed consent form to our front desk team.
- When called, proceed to the treatment room.
- Please use the chair and hook in the room to remove shoes, socks, and/or jacket.
- Relax on the treatment table and enjoy your time with us!
- Let your practitioner know if you need any herbal supplements or essential oils.
- At the end of your treatment, please sanitize your hands before opening the treatment room door to exit.
- We will use credit cards on file for contactless check-out. If you'd like an electronic receipt, please request from the front desk.
- Our front desk team will inquire about follow up treatments as you exit the office. You can also schedule your next appointment on our website, via the MINDBODY app, or by calling us at 312-757-1882.

Questions about your receipt? Difficulty scheduling? Email us: [info@herbandohm.com](mailto:info@herbandohm.com).