



322 Beard Creek Rd., Ste. 1300, **Edwards, CO 81632**
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- **Rebecca Adochio, MD • Darin Olson, MD, Ph.D. • Sabrina Ste-Marie, PA-C •**
- **Annegret Kessler, RDN, CDCES •**

Welcome to the Colorado Mountain Medical Endocrinology Clinic!

Please complete the attached paperwork for your upcoming appointment. Be sure to read the instructions carefully and completely.

Instructions for New Patients:

- Please arrive at least **30** minutes prior to your appointment time, even if you have already completed your paperwork.
- This ONE HOUR appointment has been reserved for you. If you arrive more than 10 minutes late, you may be asked to reschedule.
- If you must cancel or reschedule your appointment, please provide at least 2 business days' notice by calling our office.
- A same day cancellation or no show may require you to obtain a new referral.
- Please **STOP** taking high-dose biotin products 1 week prior to your appointment. Make sure to check ingredients of your vitamins & supplements for **300mcg** or greater per day of biotin. Most commonly found in prenatal/Hair, Skin, & Nails vitamins.

Please bring the following items to your appointment:

- Completed new patient paperwork; this can also be emailed to us at EndoScheduling@CMMHealth.com.
- Government issued photo ID (Driver's License or Passport)
- Insurance card(s)
- **ALL your prescription medications, over the counter medications, vitamins, & supplements in their original containers in addition to your written list. REALLY!**
- Any medical records you may have in your possession including lab results, imaging reports, and operative reports. Every effort will be made by our office to obtain your previous medical records prior to your appointment.



Colorado Mountain Medical has multiple office locations within the Vail valley. The Endocrinology clinic is solely based out of Edwards, CO; map enclosed.

**Please contact our office with any questions.
We look forward to meeting you!**



Social History:

Profession _____ Married Single Divorced Widowed

Do you drink alcohol? Yes No If yes, how many in a week: 1-7 8-14 14+

Do you or have you ever used tobacco/nicotine? Yes No

Packs/day _____ Age Started _____ Age Quit _____

In the last year have you used marijuana? Yes No Other recreational drugs? Yes No

Type of Diet: Regular Vegetarian Vegan Calorie restricted Low Salt Low Carb

Servings of vegetables per day _____ Servings of fruit per day _____

Do you exercise? Yes No Type: _____ Days per week: _____

Local Resident? Yes No Part Time Home Elevation: _____ feet

Procedures/Surgeries: (may attach a list)

Year

Family History:

Relative	Alive? (Y/N)	Medical Conditions
Mother		
Father		
Siblings:		
Children:		

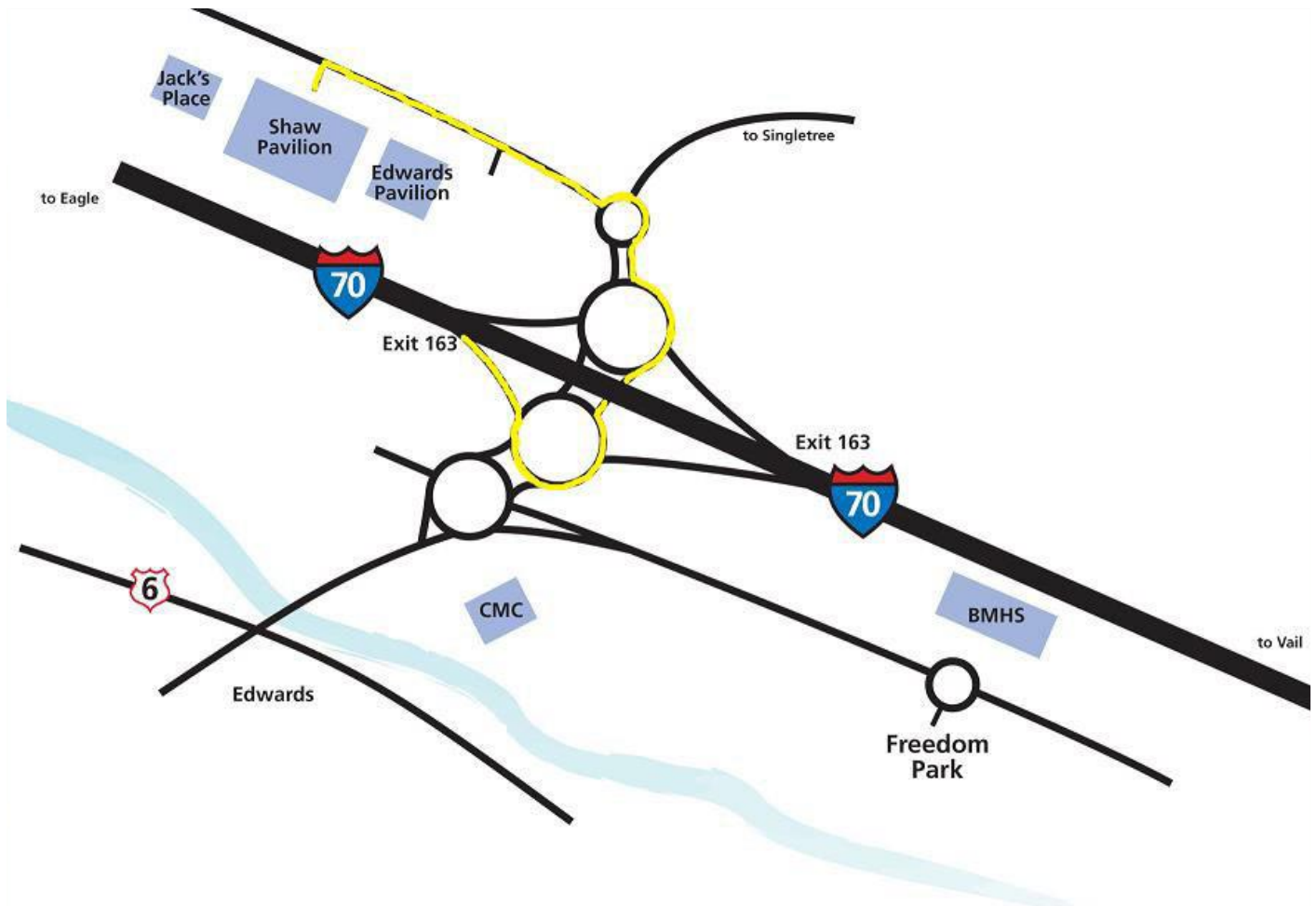
Wellness	Date	Women Only	Y/N		
Colonoscopy		Could you be pregnant?		Date of last menstrual period	
EKG		Post-menopausal?		Birth control method	
Sleep Study		Last pap smear?		# of pregnancies	
Bone density scan		Last mammogram?		# of Miscarriages	

Patient/Parent/Guardian Signature _____ **Date** _____

322 Beard Creek Road, Suite 1300 EDWARDS, CO 81632

If you are traveling on I-70 going EASTBOUND

- Take Exit #163 into Edwards
- At first roundabout, take 3rd exit (left) onto Edwards Access Rd.
- At second roundabout, take 1st exit (straight) onto Beard Creek Rd.
- At third roundabout, take 2nd exit (left) and continue west on Beard Creek Rd.
- Turn into Entrance #2.
- The office is located inside of the Shaw Pavilion (middle building), suite 1300.



322 Beard Creek Road, Suite 1300
EDWARDS, CO 81632

If you are traveling on I-70 going WESTBOUND

- Take Exit #163 into Edwards
- At first roundabout, take 1st exit (right) onto Beard Creek Rd.
- At second roundabout, take 2nd exit (left) and continue west on Beard Creek Rd.
- Turn into Entrance #2.
- The office is located inside of the Shaw Pavilion (middle building), suite 1300.

