Forum Health

New Patient Cheat Sheet

WELCOME TO FORUM HEALTH CHICAGO!

Please take a moment to learn what happens after your first appointment. Within 2-5 business days, depending on the complexity of your case and need for collaboration or research, you will be contacted by our office to coordinate your next steps. We love getting you started on our patient portal (Power2Patient) with your care plan details in writing so we can reduce uncertainty and increase success!

Primary Care Team Members:

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1. Schedule your Labs Direct appointment

You can use your insurance at LabCorp, however our providers are not contracted with insurance payors and are considered out-of-network. You are welcome to use our discounted lab services via Labs Direct and have your lab completed in the office. The labs typically ordered are for more advanced testing and often are not fully covered by most patient's insurance. Labs Direct fees are lower than insurance fees, and your results are not shared with the insurance company. We safely keep your health data for your eyes only.

2. Schedule your Health Coach

Your first health coaching session is included in your new patient appointment and will be scheduled once your provider finalizes your care plan. You will receive an email from Calendly with the appointment info and zoom link. If you need to reschedule or cancel, please use the link at the bottom of the email. (We don't have access to that link, but it's been easy for patients to manage.)

3. Order your prescribed supplements

The specific supplements recommended for you will be uploaded into the shopforumhealth.com or fullscript.com cart and emailed to you. We have made it simple to purchase your recommended supplements and other wellness products online. Try our recurring orders feature and enjoy 10% off your initial recurring order at shopforumhealth.com
15% off first order with code: **FIRSTORDER15**

Username: _____

Temporary Password:_____

4. Learn your patient portal

The patient portal is your personal hub of information. Once signed in, you will see important updates from Forum Health Chicago. On the left are links to help you navigate the portal. You can request an appointment, see your current recommended supplements/medications, message the team, and more. For portal access go to power2patient.net

5. Watch the introduction videos

Remember to watch Garbage In, Garbage Out and Heal Your Gut, Heal Your Body.
You can find both videos here.
Use password: **WelcomeToForum**

6. Questions along the way?

The patient portal is a new platform for many, so please use the "Messages" link to communicate with us until you get the swing of things. To reach your provider via messenger, send your message to "Chicago Messaging". Your message will be managed and routed to your provider.

7. Become part of the Forum Health Chicago family

We encourage all patients to enroll in our membership plans.

Total Care Plan $250 p/month includes 15% off supplements, IV therapy, labs and more

Principal Care Plan $175 p/month includes 10% off supplements, IV therapy, labs and more

Receive up to 10% off if enrolled within 30 days of the new patient appointment.

8. Schedule your next visit

Once you have completed your initial visit, we can schedule your follow-up appointment with the provider. She usually likes to review your labs and a progress check on your care plan. We recommend scheduling your first follow-up visit two-weeks after your lab draw or weeks ahead of your recommended follow-up period suggested by Provider for maximum appointment time choices.

9. Explore our programs

We offer a vast array of programs for all types of client needs and conditions. Bioidentical Hormone Replacement Therapy, Semaglutide Medical Weight Loss, GAINSWave Shockwave Therapy for erectile dysfunction, IV Nutritional Therapy, Gut Detox (GDRx), BrainRx, and more.
Visit ForumHealthChicago.com to learn more, and message us via portal if you're interested so our team can assess if it's right for you.