

## REQUIREMENTS BEFORE APPOINTMENT

1. Go to our website: [www.meadenutrition.com](http://www.meadenutrition.com) To print and complete the forms and bring to your visit:

- a. At Home Page of the website for Maryann Meade, R.D., click on “Client Forms”
  - b. Click on and print: “Client Information Form” (2 pages) (if appointment is for a child, choose instead “Youth Client Information Form”)
  - c. For all new clients – including children: click on and print: “Food Frequency Form” (1 page)
  - d. Click on and print “Insurance Registration Form 0913” – this is 1 page only – it will be used in billing your claim to the insurance company – please fill it out and sign it and bring it with you to your appointment.
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2. Keep a Food Diary on paper of your own for 2 to 3 days before the appointment.  
a. Write down all food and beverage intake –including water- for 24 hours.

3. Bring in your Insurance I.D. card.

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4. If you are a client with diabetes: Bring your glucose meter if you have one and are using it.

Also, bring in your recent blood work copy if you have it –otherwise we will request it from the doctor you have named to us.

5. The directions to our offices are on the website

**\*\* If you are going to the Wallingford office you need to know that this office is in a residential area and it is in a house (not a building). Look for a mailbox at curbside with the number “53” on it; also a fenced-in tennis court at the side of the property. This office is in a large neighborhood called “Oakdale Woods”.**

**In Summary:**

**Bring all of the above mentioned forms and items with you to your appointment.**

**Thank you. Our contact phone # is (203) 265 -9756**