

## Adult Checklist

For a successful first visit, please email, fax or mail completed forms to Exercisabilities prior to your first appointment. If you cannot do this, bring the completed forms with you on the first visit.

### FORMS:

- Initial Intake Form
  
- Adult History Form
  
- Authorization and Consent Form

All forms are found on our getting started web page  
<https://www.exercisabilities.org/get-started/>)

*We will have these forms available at your first visit if you are unable to complete them prior to the appointment. Please arrive at least 15 minutes prior to scheduled start time to complete.*

Other items that you **must** bring or send ahead of time:

- Doctor's referral or order
- Current Insurance cards
- List of medications
- Any pertinent health information/summaries/testing