Signature Wellness | Dr. Arnold's Office

PATIENT WELLNESS NEWSLETTER

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MONTHLY EDITION

Get the Most Out of Every *Appointment*

Simple habits that put you in the driver's seat of your own care.

Dear Valued Patient,

We know how much goes into showing up for an appointment, and we want to make sure that time really counts for you. When you arrive feeling a little more prepared, the conversation flows better, we can get to what matters faster, and you leave with **a clearer picture of your health and next steps**.

This month, we wanted to share a few simple habits that our patients have found genuinely helpful. They take very little time but can make a real difference in how productive and meaningful each visit feels. We hope you find them useful!

With care,
Dr. Arnold and the Signature Wellness Team

BEFORE YOUR VISIT

Write Down Your Questions Ahead of Time

It happens to everyone: you think of the perfect question on the way to the office, then completely forget it once you're in the room. A day or two before your appointment, take five minutes to jot down anything on your mind. Symptoms, medications, something you read about, a change you noticed. Bring that list with you and we will work through it together.

Your phone's notes app works great for this

Keep a Simple Health Journal

You don't need to write essays! Even a few short notes throughout the week can be incredibly helpful. How did you sleep? Did your energy dip? Any new aches or changes in how you've been feeling? Over time, these little observations paint a much clearer picture than trying to recall the last few months from memory during the appointment itself.

Patterns you notice matter more than you think

Set One Clear Goal for the Visit

Before you come in, ask yourself: what is the one thing I most want to walk away with today? Is it a clearer understanding of a medication? An update on recent test results? A plan for something new you have been experiencing? Having that anchor helps keep the conversation focused and means you never leave feeling like you missed the point of the visit.

One clear goal beats three vague ones

DURING YOUR VISIT

Speak Up and Ask Away

Please never feel like your questions are too small or that you are taking up too much time. You know your own body better than anyone, and we genuinely want to hear what's on your mind. If something is unclear, ask us to explain it a different way. If something we say doesn't quite feel right to you, tell us. This is your appointment and we are here to help you get the most out of it.

No question is too small or too obvious

AFTER YOUR VISIT

Jot Down What Was Discussed

While everything is still fresh, take a few minutes after your appointment to write down the key points: what was covered, any next steps, changes to your medications, and things to keep an eye on. Even a few sentences on your phone will do.

This is especially valuable when time between appointments is longer than we'd all like. Your notes become a personal foundation so that when we see you next, we can pick up right where we left off rather than spending the first part of your visit trying to piece things back together. It keeps your care moving forward.

Your notes bridge the gap between visits

Missed Something? We Are Still Here

Sometimes you walk out of an appointment and then remember the one thing you forgot to ask. Or a new question comes up a few days later. Please know that our office is always open to you. You are always welcome to call or email us after your visit.

We may not always be able to book a follow-up appointment right away, but we will make sure your concern or question gets the attention it deserves as soon as possible. No one leaves our care with something left unaddressed. Your peace of mind matters to us deeply, and we mean that wholeheartedly.

Reach us anytime at info@signaturewellness.ca

A LITTLE CONTEXT WORTH KNOWING

Why Appointments Sometimes Run a Little Behind

Because we specialize in Bioidentical Hormone Replacement Therapy (BHRT), every patient's journey looks a little different. Hormone health is deeply personal, and some conversations simply need more time than others. We never want to rush anyone out the door when there is still something important to talk through.

This means that on some days, the schedule may run a little longer than planned. If you are ever in the waiting room and we are behind, please know we are so grateful for your patience and kindness. The same care and attention being given to the patient before you is exactly what we will bring to your appointment too. Every single visit matters to us just as much as the last.

Thank you for your kindness and understanding

A Note on Scheduling

We truly appreciate your patience and understanding when it comes to booking. We know it is not always easy to get in right away, and we are always working to serve you as best we can. The good news is that the more you track and document between visits, the less time we spend catching up and the more time we spend moving your health forward. Your notes are a gift to your future self!

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