

A Better Way Counseling Center
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Instructions for filling out Medical Forms

You will need Adobe Acrobat Reader to print these forms. You can download and install this free program by searching for it on any search engine.

These forms are for patients with eating disorders. They help us get information from your doctor about physiological consequences of your eating disorder.

In the Medical Forms portion of the Download section you will find two forms. The first is entitled “Initial Exam.” Print out this form and bring it to your doctor when you go in for your exam for your eating disorder. Ask your doctor to fill out the form and either mail it to A Better Way Counseling Center, or get it back from him or her and bring it with you to your next appointment with us.

Bring the form entitled “Ongoing Exam” with you for each appointment you have with your doctor after your initial exam. Have him or her fill it out and mail it back to us after each visit.