

# FREQUENTLY ASKED QUESTIONS

Email any additional questions to [info@utopiawellcare.com](mailto:info@utopiawellcare.com)

## **1 WHEN DO YOU TAKE APPOINTMENTS?**

Our flexible scheduling system, allows you and your practitioner to schedule appointments in accordance with your individualized needs, Monday-Fridays from 7am to 6pm. If you want to meet outside of these hours, please email your provider.

## **2 WHAT SHOULD I BRING TO THE APPOINTMENT?**

Have your insurance card handy for verification. Otherwise, nothing is needed at your first appointment. If there is anything you feel is important to relay to your practitioner at your first meeting (example: specific lab results, recent diagnoses, allergies, medications/supplements), having them available can be helpful.

## **3 HOW LONG IS EACH VISIT?**

Each visit will typically last one hour. This time will be used to go over questions, concerns, progress, and planning. You will leave your visit with an individualized care plan to keep up the work before your next session.

## **4 CAN MY CHILDREN USE UTOPIA WELLCARE?**

Yes! The dependents on your plan can all take advantage of Utopia WellCare. Children also benefit greatly from seeing a dietitian.

## **5 CAN I USE UTOPIA WELLCARE WITHOUT HAVING 1 ON 1 VISITS?**

Yes! If you want health tips and guidance without attending your online visit you can download our app for health tips, recipes, and much more!