

Better Care Through Smarter Systems: Our Promise to You

What is Systemized Care?

In our practice, we use "smart systems" and the latest technology to make sure your health journey is smooth and successful. Instead of getting bogged down in paperwork, we use these tools to focus 100% of our energy on you and your healing process.

Why This Matters For You

- **More "Eye-to-Eye" Time:** We use smart listening tools that write our clinical notes for us. This means your practitioner can look at you—not a computer screen—during your entire visit.
- **Nothing Falls Through the Cracks:** We use a step-by-step blueprint (the R.O.O.T.S. Method™) to ensure that every lab test is reviewed and every part of your plan is delivered on time.
- **Easy Health Habits:** Our automated systems help you stay on track. You will receive friendly reminders when it is time to refill your supplements or schedule a follow-up, so you never have to guess what comes next.
- **The Highest Standards:** Even as our practice grows, we perform regular "quality checks" on our own work. This ensures you always receive the best, most up-to-date care possible.

What You Can Do Today

1. **Check Your Inbox:** Look for your digital "Welcome Pack" or "Protocol." Our system sends these instantly so you can start feeling better right away.
2. **Set Up Your Shop:** Follow the link to our digital dispensary. By setting up your account, you can get automatic reminders sent to your phone before your vitamins run out.
3. **Use the Portal:** If you have a question, send it through our secure messaging system. This keeps all your information in one organized place where our whole team can support you.

Questions to Discuss with Your Practitioner

- "How does the new note-taking technology help make my health plan more accurate?"

- "Can you show me how to set up automatic refills so I don't have to worry about re-ordering?"
 - "What is the best way for me to track my progress between our sessions?"
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