

North Shore Wellness Services, Ltd.

3000 Dundee Road, Suite 411 (847) 205-0371 (phone)
Northbrook, IL 60062 (847) 205-0377 (fax)
www.northshorewellness.com info@northshorewellness.com

Welcome and thank you for choosing us to help you on your healing journey.

Your work is just beginning. Filling out the enclosed forms before coming to your first appointment allows your therapist to use ***your*** time wisely. Bring all the forms with you.

- Intake Form: We need this information from you for billing and audits. Please bring your insurance card in with you so we can make a copy for our records.
- Insurance Verification Form: You may find this helpful in talking with your insurance company to know exactly what your benefits are. This is necessary to our office manager as well.
- Contract/Financial Agreement: Two copies. One is yours to keep. Please read through this carefully. If you have any questions, you can wait to sign until after you can ask questions of your therapist and understand the fees.
- Adult History Form: Four pages. Fill out as completely as possible. For couples work, each person should complete their own forms.
- Child History Form: Fill in for your child under age 18 if he/she is the identified client.
- Authorization for Release of Information: Read and sign if you want your Primary Care Provider (PCP) to be involved in your therapy, and check the lower box and sign below if you don't want information shared. If you consent to release, please provide name, address, and phone number of your PCP on the back of the page.
- Privacy Practices

Be on time for your appointment. This is ***your*** time. Sessions last 45-50 minutes beginning on the hour.