

Your First Visit Checklist

BALANCE FOOT & ANKLE · HOWELL & BLOOMFIELD HILLS, MI

(810) 206-1402 · michiganfootdoctors.com

We want your first visit to be smooth and stress-free. Bring this single-page list and we'll get you in and out efficiently. If anything below feels overwhelming, just call (810) 206-1402 — our team will walk you through it.

WHAT TO BRING

- Photo ID**
Driver license, state ID, or passport.
- Insurance card(s)**
Front and back. Bring both primary and secondary if applicable.
- List of current medications**
Include dose and how often. Phone photo of pill bottles works.
- Recent imaging if available**
X-rays, MRI, or ultrasound from another provider. CD or printout.
- Comfortable shoes you wear daily**
For our gait analysis. Walking, work, athletic — whichever you use most.
- Orthotics you currently use**
OTC inserts, prescription orthotics, or arch supports.
- List of questions you want answered**
Write them down so nothing gets missed during your visit.

WHAT TO EXPECT AT YOUR VISIT

- 1. Check-in** Bring this sheet and your ID. We confirm your insurance and copay at the front desk — no surprise bills.
- 2. Brief intake form** If you filled out the online form already. We just confirm and update if anything has changed.
- 3. Exam & X-ray** The doctor examines your foot, asks questions, and orders any imaging needed. Most x-rays are done in-office, same visit.
- 4. Diagnosis & Plan** Plain-language explanation of what is going on. Treatment options. Costs. You decide what feels right.
- 5. First steps today** Whenever possible, we start treatment the same visit: injection, orthotic scan, brace fitting, prescription.

TIPS TO MAKE THE VISIT SHORTER

- Wear shoes you can take off easily.
- Avoid pedicures and toenail polish before your visit if a nail issue is being evaluated.
- Plan to be at the office about 45-60 minutes for a first visit.
- If a child or relative is the patient, bring whoever can give consent and history.

OFFICE LOCATIONS

Howell

4330 E Grand River Ave, Howell, MI 48843
Mon–Fri 8:00 AM – 5:00 PM

Bloomfield Hills

43494 Woodward Ave, Suite 208
Bloomfield Twp, MI 48302
Mon–Fri 8:00 AM – 5:00 PM