Your First Visit Checklist

BALANCE FOOT & ANKLE · HOWELL & BLOOMFIELD TOWNSHIP, 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	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 9:00 AM – 4:30 PM

Bloomfield Township
43494 Woodward Ave, Suite 208
Bloomfield Township, MI 48302
Mon–Fri 9:00 AM – 4:30 PM