



Physician Instructions:

Dear physician,

Your patient has made an important decision to improve his/her health and is currently receiving nutrition counseling with Amy Regina, Registered Dietitian. This program is a medically-based lifestyle and weight management program designed for long-term success.

In order for our dietitian to administer a quality program, we request that the following be completed for your patient.

1.) Physician data sheet with request for the following labs:

- a. Lipid profile
- b. Complete blood count
- c. Comprehensive metabolic profile
- d. T4 and TSH
- e. Hemoglobin A1c
- f. Fasting blood glucose
- g. Vitamin D levels

2.) Other: _____

Thank you in advance for your cooperation. We will keep you update on the progress of your patient.

Should you have any questions please contact Amy Regina at 732-784-3371.

Sincerely,

Amy Regina, RD
Wellness Dietitian
Phone: (732) 784-3371
www.NutritionWithAmy.com