



322 Beard Creek Rd., Ste. 1300, **Edwards, CO 81632**  
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- **Rebecca Adochio, MD • Darin Olson, MD, Ph.D. • Sabrina Ste-Marie, PA-C •**
- **Annegret Kessler, RDN, CDCES •**

## **Welcome to the Colorado Mountain Medical Endocrinology Clinic!**

Please complete the attached paperwork for your upcoming appointment. Be sure to read the instructions carefully and completely.

### **Instructions for New Patients:**

- Please arrive at least **30** minutes prior to your appointment time, even if you have already completed your paperwork.
- This ONE HOUR appointment has been reserved for you. If you arrive more than 10 minutes late, you may be asked to reschedule.
- If you must cancel or reschedule your appointment, please provide at least 2 business days' notice by calling our office.
- A same day cancellation or no show may require you to obtain a new referral.
- Please **STOP** taking high-dose biotin products 1 week prior to your appointment. Make sure to check ingredients of your vitamins & supplements for **300mcg** or greater per day of biotin. Most commonly found in prenatal/Hair, Skin, and Nails vitamins.

### **Please bring the following items to your appointment:**

- Completed new patient paperwork; this can also be emailed to us at [EndoScheduling@CMMHealth.com](mailto:EndoScheduling@CMMHealth.com).
- Government issued photo ID (Driver's License or Passport)
- Insurance card(s)
- **ALL your prescription medications, over the counter medications, vitamins, & supplements in their original containers in addition to your written list. REALLY!**
- Any medical records you may have in your possession including lab results, imaging reports, and operative reports. Every effort will be made by our office to obtain your previous medical records prior to your appointment.

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**Please bring the following items to your appointment:**

- Written record of blood sugar readings, with an additional 2 weeks of data including food you have eaten prior to your visit. Example log attached, but you are more than welcome to use any format of your own.
  - Check before meals, 2 hours after meals, & at bedtime.
  - For diabetes in pregnancy/gestational diabetes, check before breakfast & 1 hour after each meal.
- Glucometer (blood sugar meter); if you use multiple devices, please bring them all.
- Continuous glucose monitor or sensor & insulin pump.
  - Bring software login information to share data. If you are able to upload your device(s) from home prior to your appointment, this will save time and create a smoother visit. Please call our office prior to your visit if you need assistance with uploading.

**Colorado Mountain Medical has multiple office locations within the Vail valley. The Endocrinology clinic is solely based out of **Edwards, CO**; map enclosed.**

**Please contact our office with any questions.  
We look forward to meeting you!**





**Social History:**

Profession \_\_\_\_\_  Married  Single  Divorced  Widowed

Do you drink alcohol?  Yes  No If yes, how many in a week:  1-7  8-14  14+

Do you or have you ever used tobacco/nicotine?  Yes  No

Packs/day \_\_\_\_\_ Age Started \_\_\_\_\_ Age Quit \_\_\_\_\_

In the last year have you used marijuana?  Yes  No Other recreational drugs?  Yes  No

Type of Diet:  Regular  Vegetarian  Vegan  Calorie restricted  Low Salt  Low Carb

Servings of vegetables per day \_\_\_\_\_ Servings of fruit per day \_\_\_\_\_

Do you exercise?  Yes  No Type: \_\_\_\_\_ Days per week: \_\_\_\_\_

Local Resident?  Yes  No  Part Time Home Elevation: \_\_\_\_\_ feet

**Procedures/Surgeries: (may attach a list) Year**


**Family History:**

Relative	Alive? (Y/N)	Medical Conditions
Mother		
Father		
Siblings:		
Children:		

Wellness	Date	Women Only	Y/N		
Colonoscopy		Could you be pregnant?		Date of last menstrual period	
EKG		Post-menopausal?		Birth control method	
Sleep Study		Last pap smear?		# of pregnancies	
Bone Density Scan		Last mammogram?		# of Miscarriages	

**Patient/Parent/Guardian Signature** \_\_\_\_\_ **Date** \_\_\_\_\_



**FOOD AND BLOOD GLUCOSE LOG** Name: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

**BLOOD GLUCOSE GOALS: Pre-meal: 70-130; 2 Hours Post Meal: 80-150; Bedtime: 120-150**

Date	F/time	Morning Fasting (F)		Pre Meal (PM)	Two Hours After Meal (AM) or Bed Time (BT)		Dinner	AM/time	BT/time	
		Breakfast	AM/time	PM/time	Lunch	AM/time				PM/time
1/1	121 7:30a	Meds: Multivitamin Egg, bacon, toast, & coffee.	168 10:00a	118 12:15p	Meds: Turkey sandwich with potato chips.	159 2:30p	112 6:00p	Meds: Cesar salad with grilled chicken.	136 8:30p	125 10:00p
		Meds:			Meds:			Meds:		
		Meds:			Meds:			Meds:		
		Meds:			Meds:			Meds:		
		Meds:			Meds:			Meds:		
		Meds:			Meds:			Meds:		
		Meds:			Meds:			Meds:		

Notes: Include additional information such activity, type of exercise etc.



**FOOD AND BLOOD GLUCOSE LOG** Name: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

**BLOOD GLUCOSE GOALS: Pre-meal: 70-130; 2 Hours Post Meal: 80-150; Bedtime: 120-150**

**Morning Fasting (F)**

**Pre Meal (PM)**

**Two Hours After Meal (AM) or Bed Time (BT)**

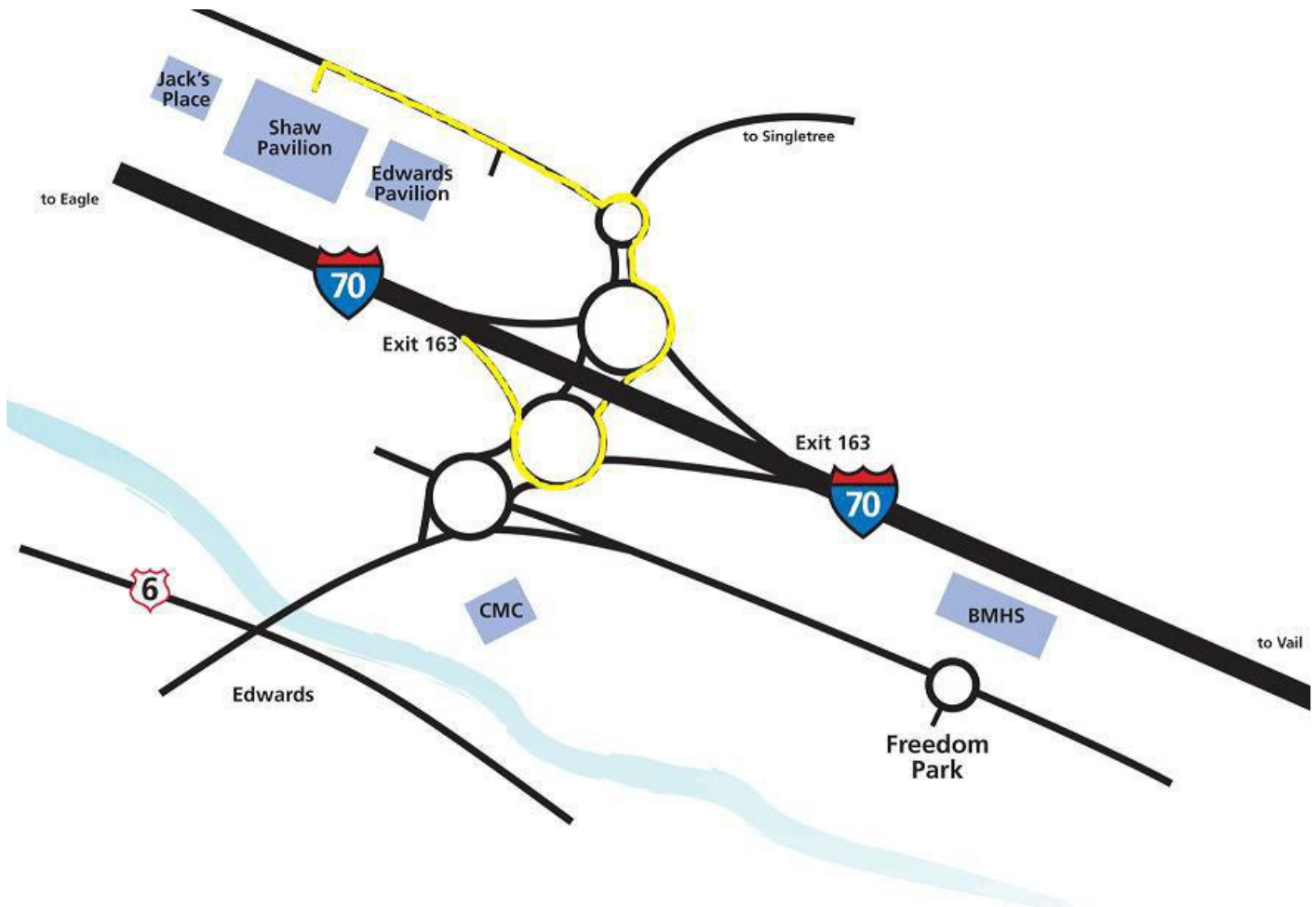
Date	F/time	Breakfast	Pre Meal (PM)		Lunch	Two Hours After Meal (AM) or Bed Time (BT)		Dinner	AM/time	BT/time
		Meds:	AM/time	PM/time		AM/time	PM/time	Meds:		
		Meds:			Meds:			Meds:		
		Meds:			Meds:			Meds:		
		Meds:			Meds:			Meds:		
		Meds:			Meds:			Meds:		
		Meds:			Meds:			Meds:		
		Meds:			Meds:			Meds:		

Notes: Include additional information such activity, type of exercise etc.

# 322 Beard Creek Road, Suite 1300 EDWARDS, CO 81632

If you are traveling on I-70 going EASTBOUND

- Take Exit #163 into Edwards
- At first roundabout, take 3<sup>rd</sup> exit (left) onto Edwards Access Rd.
- At second roundabout, take 1<sup>st</sup> exit (straight) onto Beard Creek Rd.
- At third roundabout, take 2<sup>nd</sup> exit (left) and continue west on Beard Creek Rd.
- Turn into Entrance #2.
- The office is located inside of the Shaw Pavilion (middle building), suite 1300.



**322 Beard Creek Road, Suite 1300**  
**EDWARDS, CO 81632**

If you are traveling on I-70 going WESTBOUND

- Take Exit #163 into Edwards
- At first roundabout, take 1<sup>st</sup> exit (right) onto Beard Creek Rd.
- At second roundabout, take 2<sup>nd</sup> exit (left) and continue west on Beard Creek Rd.
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