

Ashleigh Sellman Nutrition Counseling, LLC

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Thank you for scheduling an appointment! Your care is very important to me and I look forward to meeting and working with you. We will be doing a telehealth session via zoom. Please make sure you have zoom on your phone, tablet, or computer.

**I will be sending you a link to use right at the time of our appointment. If you have any issues using it or accessing it or if you have not received it within 5 minutes of when we are supposed to start, please email me and let me know!**

Thank you for taking the time to complete the following forms so that I can start your chart and we can establish care. If you could please have these to me by the time of our initial session that would be wonderful.

For any questions, comments or concerns just email me as [SELLMANRD@GMAIL.com](mailto:SELLMANRD@GMAIL.com)

If there is anything you would like me to know ahead of time please feel free to email me Parents, if there is anything you would like me to know ahead of me meeting with your child please email me. If you are working with a therapist, doctor, psychiatrist or other health professional and you would like me to speak/email with them prior to the initial visit please complete the paperwork, including the medical release forms in this packet so I can do so.

I look forward to meeting you soon.

Ashleigh

Pronouns: she/her