



Functional Medicine Evaluation and Your Personalized Treatment Plan

- **Comprehensive Functional Evaluation with Dr. Carr** – This is where it starts off. A comprehensive history and evaluation with Dr. Carr to understand the full context of your illness. What are your goals for doing this? What is your why?
- **Laboratory Evaluation-** Depending on your specific needs further lab testing may be ordered. We have a full time Medical Technician in the clinic for your convenience.
- **Functional Medicine Report** will be provided to you including:
 - ❖ Root Cause Analysis
 - ❖ Core Imbalance identification
 - ❖ Functional Medicine Protocol
 - ❖ Personalized Treatment Plan
- **Follow-Up Strategy Session** – This is where the strategy is set for walking out your path to wellness, based on your goals. Depending on the amount of information we have at your initial visit we may begin implementing your Personalized Treatment Plan at your initial evaluation. Schedule of the follow-up sessions will be based on your specific needs.
- **Diet, Nutrition & Exercise Consultation with Health Coach** – With the context, diagnosis and prescribed strategy from Dr. Carr, our Health Coaches will assist you in the day-to-day steps in regards to daily diet, nutrition and exercise. They also administer our in-house diagnostic testing. These consultations will occur individually or at the same time as your consults with Dr. Carr. Schedule of the consultations will be based on your specific needs.
- **Follow-Up Implementation Progress with Dr. Carr** — This is a significant check up to monitor your progress and adjust your trajectory. Frequency will vary depending on your condition. Schedule of the follow-up will be based on your individual needs.
- **Daily Contact** – You are walking out and living within your health, minute by minute, every day. When you have a question, concern, or an idea, contacting your team of providers at Carr Chiropractic Functional Medicine is as easy as a quick text or email, right when you are thinking of it. While this is not a “doctor-on-call” your team will respond during normal business hours.

For your convenience sessions can be completed in the convenience of your home.