

Dr. Ouellette's Professional Level Health Assessment, Wellness Assessment and Spinal Health Workup

Please note, you don't have to come into our office for this Workup.
Correct timely information is the key to natural pain relief and multidimensional wellness.

Dr. Victor Jean Ouellette, DC, MS, DNM, RNP, Cert. Acup.
Certified Member of the Royal College of Chiropractic Sports Sciences (Canada)
905-546-6310 Cell Texting Number info@achiropracticplusclinic.com
Our new Electronic assessment process links our PAIN RELIEF and WELLNESS workups.

People who come into the office or require a House Call, may complete these steps over several visits or before the initial visit. People far away who wish to gain the expertise of Dr. Ouellette for a second opinion can follow the steps via the internet. House Calls are offered in selected Southern Ontario areas centred around the Guelph, Hamilton, Oakville, Milton, Cambridge, Kitchener Waterloo and Ayr areas. Farther away will need discussion with Dr. Ouellette.

To receive chiropractic care, a Wellness Workup, a second opinion, office visit, or house call from Dr. Victor Jean Ouellette, please complete the following steps. Go slowly and follow all steps please. All a person has to do to start is make initial contact with Step #1.

Step # 1 - - Initial Contact

Cost: Free Send us an email to info@achiropracticplusclinic.com.

Contact us and provide us with some initial identification data via email or phone text.

- First Name - Middle Initial - Last Name
- Email Address
- Telephone Number
- Whether the phone number is a land line, cell phone Text, work, or personal number
- Land Mailing Address
- State what it is you wish to achieve.

When we receive the identification data we will send you Step #2 Entrance Record via email. You must ensure that your email system is not full and that you can receive small emails with Attachments attached.

Step #2 Entrance Record

Cost: Free

Complete Dr. Victor Jean Ouellette's Fillable ENTRANCE RECORD found as an attachment in the Step #2 Email. Your name should already be at the top of each page of the Entrance Record attachment when you receive it. If you don't find your name on each page then you are not in the correct ENTRANCE RECORD file.

The attachment will have to be opened in the FREE Adobe Reader program. Fill out the document and SUBMIT the filled out ENTRANCE RECORD back to us via the submit button at the bottom of the file. When we receive your completed Entrance Record file we will send you Step #3, the free Nutrition Overview Screening form.

Step #3 Nutrition Overview Screening

Cost: Free

When we receive your completed Nutrition Overview Screening file (Bowel Transit Time, Grocery Receipt, Diet Diary, Nutrition Supplement list) we will send you Step #4, the three Contraindications forms.

Step #4 Contraindications, Three Forms

Cost: Free

Complete - **Dr. Ouellette's Nutrition Supplement Contraindications form**

- **Dr. Ouellette's Spinal Flexion Decompression Contraindications form**

- **Dr. Ouellette's Contraindications to Spinal Manipulative Therapy Fillable Form**

All forms are found as attachments in the Step #4 Email. When we receive your completed contraindications forms we will send the link to Step #5.

Step #5 Dr. Ouellette's Wellness Knowledge Calculator

Cost: \$9.95 paid online via PayPal.

Complete Dr. Ouellette's Wellness Knowledge Calculator and send it to us via the submit button at the end. We think it is best to spend two days finishing this comprehensive, thorough wellness knowledge and wellness application assessment. It may take you an hour or more. Take a break at the top of page 5, 6, or 7 and complete the rest the next day. There are 11 web pages in all.

These assessments are processed every hour on the hour so you can expect your 38 score Progress Chart results on the hour after you complete and submit the assessment. This is unless our web sites are down for repairs for some reason. When we receive your Wellness Calculator results we will not know what code name you used when you created your account at TheQ.ca. You will inform us of your code name in the last step #7.

Step #6 Special Medical Reports

Cost: \$20 to Review X-Rays and special reports.

Dr. Ouellette will want to see copies of all medical reports, Radiological reports, MRI reports, CAT scan reports, Bone Scan reports, Bone Density study reports, Nerve Conduction Study reports etc., if the studies were done recently or are pertinent to your case. Get copies of all recent relative reports, scan them to PDF files and send them to Dr. Ouellette via email attachment. Digital X-Ray CD's can be mailed by land mail. Contact us for the appropriate address.

Step #7 First Visit Setup Booking

Cost: Introductory Consultation FREE.

After the Introductory Consultation: Professional Consultation-Case History-Examination \$75.

House Call Fee \$150.

For Wellness Web Workshop fees see <http://PainReliefLifestyleStore.com/pay.html>

We make a thorough comprehensive health care workup that gives us the information to make sound evidence based decisions and recommendations. When we receive all documentation including your Wellness Calculator code name, we will contact you by email to set up either a

phone call, a first visit in our office, a house call appointment or an Internet Chat. At that time let us know your code name on your Wellness Knowledge Calculator please.

The Introductory Consultation is free. None of the therapies are mandatory. We will discuss Spinal Manipulation Therapy, LASER Therapy, Photo Therapy, Electro -Acupuncture Therapy, Low Back Spinal Flexion Decompression Therapy, Anti-Inflammatory Pain Relief Diet Therapy and Wellness Web Workshops all for free. If you elect care then you would pay for the professional level Consultation-Case History-Examination and any ongoing care.

Wellness and natural pain relief are major concerns. We would be happy to help you and show you how to learn new wellness and natural pain relief strategies. Pain relief and wellness are our specialty.

Dr. Ouellette offers the following services.

Health care clinicians and health care workers can order individual screenings online or refer their patients/clients to the store web page for purchase.

<http://painrelieflifestylestore.com/modules.html>

Contact us for more information. info@achiropracticplusclinic.com

Dr. Ouellette's Services

1. Natural Pain Relief Strategies
 - a. Spinal Manipulation Therapy
 - b. LASER Therapy and other photo therapy
 - c. Electro Acupuncture Therapy
 - d. Low Back Flexion Decompression Therapy
 - e. FoodPainConnection Therapy
2. Second Opinions on Manual Medicine/ Spinal Manipulation Therapy
3. Second Opinions on Chiropractic Radiology Abnormal Spinal Mechanics
4. Multidimensional Wellness Measurement (38 Wellness Scores)
5. Multidimensional Wellness Strategies (Helping you help yourself)
6. Anti-Inflammatory Pain Relief Diet Screening (The FoodPainConnection)
7. Osteoporosis Risk Screening
8. Red Flags Screening
9. Yellow Flags Screening (Predictors)
10. Antioxidant Needs Screening (Nutrition supplement needs)
11. Nutrition Supplement Contraindications Screening
12. Depression and Suicide Risk Screening (Psychological)
13. Anger Screening (Psychological)
14. Happiness Screening (Psychological)
15. Healthy Relationship Screening (Psychological)
16. Thorough Pain Assessment Screening
17. Spinal Manipulation Therapy Contraindications Screening
18. Spinal Decompression Contraindications Screening
19. Manual Medicine Entrance Record Screening
20. Nutrition Overview Screening