

## Take Control of Your Health – Book Your Appointments Online!

Stay on top of your health in just a few easy steps! After your lab visit, it's essential to follow up for accurate blood work results and medical guidance. Here's how you can stay on track:

### 1. Decide When to Visit the Lab

Choose the date and time with your usual lab that works best for you to have your blood drawn. You can either book an appointment, or walk-in.

### 2. Book Your Follow-Up Appointment Online

Visit [www.curtisfoong.com/book](http://www.curtisfoong.com/book) to schedule your follow-up appointment. It's quick and convenient, allowing you to choose a time that fits *your* schedule! Aim for a date about one week after you complete all your testing. Based on what we're testing, the following appointment types should be appropriate for you:

- In person
- Online video visit
- Phone call visit

### 3. Attend Your Lab Appointment

Arrive for your blood draw on your chosen date. Make sure this is at least one week before your follow-up appointment to ensure your results will be available.

### 4. Attend Your Follow-Up Doctor's Appointment

Discuss your results. Your health is our priority, and being prepared makes all the difference!

#### Why book online?

- Quick and easy
- Choose the best time for YOU
- Get timely results and care

Take charge of your next steps and book your follow-up!

Visit: [www.curtisfoong.com/book](http://www.curtisfoong.com/book)



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