

# How To Prepare For Your Assessment Day



01

Get a good night of sleep



02

Eat Breakfast



03

Bring preferred foods/snacks and drinks



04

Take all normal medications unless Dr. Fine has directed you not to



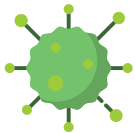
05

Bring corrective glasses and hearing aids if needed



06

Be ready to work hard



07

Notify Dr. Fine of any serious food or environmental allergies



08

Children may bring a stuffy or a thing they want to show Dr. Fine



09

Please turn off cell phones in the testing room

## What to expect on your assessment day.

- Work will range from performing challenging thinking tasks to filling out questionnaires.
- For full day assessments, expect three hours of testing in the morning, and three after lunch.
- For half-day assessments, expect three morning hours of testing.
- Breaks will be given as needed, and up to an hour of lunch time.
- Parents of children 12 years and younger should expect to stay in the office during testing, but may not be in the testing room.
- You and/or your child will have the opportunity to ask any questions you might have.

# Testing Feedback

- Dr. Fine will meet with you to discuss findings and next steps about two weeks after testing.
- Children can meet separately with Dr. Fine to discuss findings, if desired.
- A report will be prepared detailing the information, diagnostic impression, and treatment plan.
- The report will be loaded into your portal usually within two or three days of feedback.
- If desired, and if releases of information are provided, Dr. Fine will send a letter to the PCP and a referring person along with a copy of the report.

## What to do when you arrive

### In Person

- Our address is 2610 W. Liberty St, AA 48103. Turn in at the Koch & White building, between the townhouses and the bridge. We are behind Koch & White. Your GPS may try to take you to the apartments behind us off of Towne St, but that is incorrect.
- When you enter the building you will see the waiting room straight ahead and to the right. Unless you have questions for the staff, you do not need to check in at the front desk
- If you need to grab a bite to eat before, during, or after testing, we have many cafes, restaurants, and grocery stores near the office.

### Virtual

- For virtual appointments, you will receive a link about 30 minutes prior to the appointment in your email. You can also access the appointment through the link in the top banner in your patient portal

## If you have questions before or after testing.

- You are welcome to email Dr. Fine at [jgfine@anxietyannarbor.com](mailto:jgfine@anxietyannarbor.com) with any questions you have.
- Billing and scheduling questions should be directed to the front office at [frontdesk@anxietyannarbor.com](mailto:frontdesk@anxietyannarbor.com)