

Intake Forms



EASY INTAKE FORMS

Fill out these simple forms before your first visit.

Keep Us Informed

Please fill out the following forms before your office visit. Also please bring with you any labs, medications, and supplements you are currently taking.

[Initial Intake Form](#) – Required for all appointments

[Symptom Questionnaire Form](#) – Required for Naturopathic and Medical initial consultations

[Initial Complaint Form for Chiropractic](#) – Required for Chiropractic initial consultations

[Financial Responsibility Acknowledgment](#) – Required for all appointments

[Privacy Policy](#) – You may view this for your reference



BOOK AN APPOINTMENT

Feel free to call our friendly staff, email us or book an appointment online to make an appointment at your earliest convenience.

Contact Us

Optimal Health & Wellness |
Pasadena (626) 788-0023

Optimal Health & Wellness |
Monterey Park (626) 551-5155

Email Us

[Contact Us – Monterey Park →](#)

[Contact Us – Pasadena →](#)

Book an Appointment Online

[Click Here to Make an Appointment Now!](#) c

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FIND OUR LOCATIONS

We have two locations, one in Monterey Park and one in Pasadena, CA.

Located At:

Optimal Health & Wellness Pasadena

202 S. Lake Ave. Suite #298

Pasadena, CA 91101

Phone: (626) 788-0023

Fax: (626) 788-0013

Optimal Health & Wellness Center

670 Monterey Pass Road Suite 100

Monterey Park, CA 91754

Phone: (626) 551-5155

Fax: (626) 551-5156