Regarding: Invitation for a consultation

[Plaats, datum]

[Naw-gegevens geadresseerde]

Dear Madam/ Sir,

How are you and how is your health?

We are sending you this letter because our records show that you may benefit from improving the state of healthiness of your heart and blood vessels. We would like to join you in improving your own health. This may not always be easy but it certainly is important!

In order to help you in the best possible way, we would like to know what you yourself consider important and what you would like to achieve with your health. I have taken the liberty of scheduling some time to discuss your wishes with you. I am (naam), nurse at your general practitioner’s (HA praktijk naam en adres) and I look forward to seeing you at (tijd) on (dag/maand).

Before you come, please take the following actions: {haal weg wat niet van toepassing is / maak keuze tussen de opties 1 t/m 4: wel of niet via zorgdomein en wel of niet nuchter blijven}

1. Enclosed is an application form for a laboratory investigation of your blood and urine. Please schedule an appointment for this online at [www.atalmedial.nl](http://www.atalmedial.nl).

The laboratory appointment should be scheduled to be at least 3 days before you come to see me. You can eat and drink as usual prior to this investigation.

2. At the same time as sending you this invitation letter I have sent an application form via Zorgdomein for a laboratory investigation to your email address. This is for an analysis of your blood and urine. You can schedule this laboratory investigation online at [www.atalmedial.nl](http://www.atalmedial.nl). The appointment should be scheduled for at least 3 days before you come to see me. You can eat and drink as usual prior to the investigation.

3. Enclosed is an application form for a laboratory investigation of your blood and urine. Please schedule an appointment for this online at [www.atalmedial.nl](http://www.atalmedial.nl).

The laboratory appointment should be scheduled to be at least 3 days before you come to see me.

Please do not eat after 22:00 on the day prior to your laboratory investigation as the measurements should be taken on an empty stomach. After 22:00 you should only drink water or tea without sugar and milk.

4. At the same time as sending you this invitation letter I have sent an application form for a laboratory investigation via Zorgdomein to your email address. This is for an analysis of your blood and urine. You can schedule a laboratory appointment online via [www.atalmedial.nl](http://www.atalmedial.nl). The appointment should be scheduled for at least 3 days before you come to see me. Please note: your stomach needs to be empty prior to the laboratory investigation. Please do not eat anything from 22:00 onwards on the day prior to your investigation. From 22:00 onwards you should only drink water or tea without sugar and milk.

I enclose a questionnaire to prepare our consultation. Please fill it in and bring it along when you come and see me.

Should the time and date suggested in this invitation not be convenient for you, please contact your general practitioner’s office as soon as possible. You can reach me via {mailadres} or phone the doctor’s assistant on {telefoonnummer}.

Yours faithfully,

{naam praktijkverpleegkundige}

**Questionnaire**

1. Have you undertaken any measurements yourself?

Weight:

Blood pressure:

Glucose (on an empty stomach):

1. Do you have any particular questions or complaints that you would like to speak to me about?
2. Please list any medications you use that you have obtained from the pharmacy or any other drug store.
3. How are you feeling?

For each statement, give a rating from 1 to 10, with 10 being the highest rating.

