CRESCENT
BEHAVIORAL HEALTH

Your first-visit checklist

A simple guide to help you prepare for your appointment.

Before your appointment

- [ ] Confirm the date, time, office, and appointment format.
- [ ] Ask whether your insurance plan and provider are accepted.
- [ ] Confirm expected costs and any referral requirements.
- [ ] Ask about forms to complete and how to return them.
- [ ] Ask for parking, entrance, or accessibility assistance if needed.

Have ready for your visit

- [ ] Photo ID and insurance card, if applicable
- [ ] A list of current medications and supplements
- [ ] Relevant records you already have available
- [ ] Questions and goals you would like to discuss

If a remote visit is confirmed

- [ ] Get joining instructions directly from the clinic.
- [ ] Prepare a charged device, internet access, and a private space.

Questions? Contact your preferred office.

Bel Air: 443-589-8207

1208 E Churchville Rd
Bel Air, MD 21014

Conowingo: 410-670-5466

390 Conowingo Rd
Conowingo, MD 21918

Ask the office whether anything else is required for your appointment.

This checklist is a preparation guide, not an intake form or appointment confirmation.