

Welcome to UCCS HealthCircle Peak Nutrition Clinic! We are excited you have chosen a healthy nutrition journey with Frances Treat, R.D., and team.

Below you will find important information regarding your initial Peak Nutrition Clinic appointment.

- Upon scheduling your initial appointment, our scheduling team sends an email with all the details regarding your Peak Nutrition New Patient appointment. Please refer to that email for dates and times. We recommend you have that email pulled up when to come to see us for your first appointment, there are some helpful hints about how to find our check-in location.
- Initial new patient paperwork is attached to the email our scheduling team sends, if you would like to complete them ahead of time, please print them out to complete and bring them with you to your appointment (we cannot accept them back via email, and they cannot be done online). You will receive calls/texts/emails reminding you of your appointment date and time. If you do not have the attached paperwork filled out ahead of time and bring it with you, you are required to check in at our front desk at least 20-30 minutes prior to your appointment and 15 minutes prior if you do have it filled out, 15 minutes prior for all follow up appointments.
 - If you arrive later than the check-in time, we will have to reschedule the appointment.
- What to bring **(to every appointment)**:
 - A valid ID
 - You must have your insurance card or a screen shot of your card from your insurance portal every appointment.
 - If you have active cold/flu symptoms you will be required to wear a mask in our clinic.
- Please start tracking your food and beverage intake at least one (1) week prior to your scheduled appointment. We have attached a list of tracking apps for your convenience.
- Our address is 4863 N Nevada Ave, Suite 250, Colorado Springs, CO 80918.
 - ***Please note that internet navigation/GPS will take you to the wrong building.***

- We are located one stop light north of the intersection of Austin Bluffs & Nevada on the east side of the road in a building called The Lane Center.
- Parking: To avoid a ticket from the university be sure to park in the spots that are marked HealthCircle Parking, or any spot outlined in green or purple. As long as you are parked in patient parking, you do not have to pay at the kiosk in front of the building.
- Our practice is in suite 250 of The Lane Center which is the entire 2nd floor. Please Note: We share this space with two other clinics so when you come up to the 2nd floor please go all the way to the end of the reception desk where “UCCS HealthCircle” is on the wall. You do not have to wait in the line that forms in the hallway, proceed directly to our check-in window.
- We require at least one business day’s notice for any cancellations or reschedules. Please call 719-255-8001 should you need to cancel or reschedule any appointments.
 - Please note: Our clinics follow the University of Colorado at Colorado Springs protocol for weather delays and cancellations. Should your appointment land on a day with inclement weather please visit www.uccs.edu to view alerts. If the university is closed or delayed our office will be as well. You can call our office once we reopen to reschedule your appointment should there be a delay or cancellation due to weather.
- As a reminder: Patients are always responsible for knowing their insurance network benefits. We recommend you contact your insurance company to inquire about the benefits you are receiving in our clinic and to make sure the provider you are seeing is in-network for your particular plan.
- It is not ideal to bring children into the Nutrition Clinic, please arrange childcare if necessary.

Feel free to call us with any questions. We look forward to establishing patient care with you!

Best,

UCCS HealthCircle Primary Care Clinic,

Peak Nutrition Clinic, and Center for Active Living

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o 719-255-8001

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