



Welcome to Melrose! We are honored to partner with you for your eating disorder care. Please see additional information for your upcoming appointment.

### **Growth Charts**

We utilize growth charts for all patients under the age of 25. The growth charts are essential to complete your assessment and to establish a treatment plan that fits your needs. Please call your primary care clinic and ask that they **fax the growth charts to 952-993-6685, Attn: IA Center.**

### **What to expect at the Initial Assessment**

The entire assessment process will last approximately two and ½ hours. The purpose of the assessment is to determine if you have an eating disorder, and to help you make an informed decision about your health care needs. We will recommend appropriate treatment, whether at our facility or elsewhere.

### **COVID- 19 Precautions**

Masks are optional, exception if you (or anyone accompanying you) is experiencing respiratory symptoms or has been exposed to COVID-19 in the past 10 days, we'll ask you to wear a medical-grade face mask. If you've tested positive for COVID-19 in the past 10 days, we ask that you postpone your assessment and call 952-993-6200 to assist with rescheduling.

### **The initial assessment includes:**

- Lab work – non fasting
- An Electrocardiogram (EKG) to check heart rhythms
- An appointment with our medical doctor
- A wrap-up session with our care manager

### **Insurance**

We encourage you to call your insurance company to verify your mental health benefits. If your policy requires a copayment, it will be collected at your appointment. If you are uncertain about what to ask your insurance company, please see the Insurance Benefit Verification form found on [www.melroseheals.com](http://www.melroseheals.com).

Please call us within 24 hours of your appointment if you need to cancel or reschedule at 952-993-6200. If you have any questions or concerns before your scheduled appointment, our Initial Assessment Care Managers would be happy to help you. They can be reached at 953-993-5864. We look forward to meeting you soon!

Sincerely,

The Assessment Team at Melrose Center

952-993-6200

[www.melroseheals.com](http://www.melroseheals.com)

#### **Burnsville**

675 Nicollet Blvd. E.  
Suite 200  
Burnsville, MN  
55337

#### **Maple Grove**

9600 Upland Lane N.  
Suite 110  
Maple Grove, MN  
55369

#### **St. Paul**

2550 University Ave. W.  
Suite 216S  
St. Paul, MN  
55114

#### **St. Louis Park**

3525 Monterey Drive  
St. Louis Park, MN  
55416

#### **Woodbury**

8425 Seasons Pkwy  
Woodbury, MN  
55125