

HOW TO PREPARE FOR YOUR FIRST BRAVE APPOINTMENT

Scheduling an appointment is a big step. Our team's job is to help you prepare for your appointment, and get the services you need. Here's what you can expect once you book your first session with us.

01

COMPLETE THE FORMS

New patient forms need to be filled out ahead of the first session. We recommend you do them on the phone with us when you call to get scheduled.

02

SET ASIDE THE TIME

The first appointment typically lasts 30 minutes. The sooner you have it, the sooner you can receive services.

03

USE STABLE INTERNET

Make sure you join from a location that has a good wifi or cellular internet connection.

04

JOIN FROM A SAFE SPACE

You'll want a safe and private space for your session. This means we can't deliver care while you're driving.

REACH OUT TO US ANY TIME

Please add our number to your phone, and send us a text or a call any time:

Brave Health, 305-902-6347

Our hours are Monday-Friday, 9am-6pm Eastern Time.

