



Welcome to Core Chiropractic & Wellness

Thank you for choosing our clinic to provide your health care. We consider it an honor and privilege to be of service to you and look forward to a long and mutually satisfying relationship. We have prepared this information package for you and hope you will find it helpful.

Please take a moment to fill out our [Patient Forms](#). These forms provide us with some basic but essential information about you that will be held in the highest regard and kept in the strictest confidence. We request that you print and complete these forms at your leisure and bring them with you to your first appointment. Completing the forms in advance of your appointment will facilitate the processing time required for your first appointment and allow you and your provider to optimize your time together.

As a courtesy to our patients, we are able to file your claim for our services with your insurance carrier. If this is a service you would like us to perform for you, please bring your insurance card with you to your first appointment so that we can make a copy of it; we can not file your claim without it. Also, we strongly encourage you to contact your insurance company prior to your appointment to confirm that the provider you have chosen is a provider on your plan and that you understand what your benefits are. It is our goal to keep insurance and billing difficulties to an absolute minimum in our continuing effort to maximize service to you.

Cancellations. We do understand that there may be extenuating circumstances; however, we request that any cancellations of your appointment be made 24 hours in advance. Please refer to the [Cancellation Policy Form](#) of the new patient forms which you will need to sign and bring with you to your first appointment.

Should you require any additional information before your appointment, or if we can be of help to you in any way, please do not hesitate to contact us, we will be glad to assist you in any way possible. Until then, we look forward to seeing you and to developing a healing partnership with you!

Below you will find printed directions to our clinic or you may click on this [link](#); we hope these instructions will help you get to us with ease and in a timely manner.

Sincerely,

The Practitioners and Team members at Core Chiropractic & Wellness

2611 NE 125th St, Suite 240, Seattle, WA 98125 (206) 708-7172

Driving Directions

Core Chiropractic & Wellness is located in the Lake City Professional Center 2611 NE 125th St., on the second floor in Suite 240. There is ample FREE parking.

From I-5 Northbound on I-5

Option 1: Take the NE 130th St Exit. 174. Once you exit, merge in to the right lane and turn right on to 130th St. 130th will turn in to 125th St. Stay on 125th St. Cross 15th and head down hill. The Lake City Professional Center (a red brick 2-story building) will be at the bottom of the hill on your right.

Option 2: Take the Lake City Way Exit 171. Stay on Lake City Way approximately 2.75 miles to 30th Ave NE (a left turn before 125th St) turn left at 30th Ave NE. Next light turn left at 125th St. and the Lake City Professional Center (a red brick 2-story building) will be ahead on the left.

Southbound on I-5

Take the 145th St Exit 175. Once you exit stay in the left lane and turn left on to 145th St. Stay on 145th St. until you reach 15th Ave NE. Turn right on to 15th Ave NE. Stay on 15th until you reach 125th St. Turn left on to 125th St. Head down the hill. The Lake City Professional Center (a red brick 2-story building) will be at the bottom of the hill on your right.