



OBTAINING YOUR MEDICAL RECORDS

All medical offices have their own release of medical record forms they require you to fill out. Simply call your doctor's office and ask them what the necessary steps and forms are.

We find that calling your doctor's office and scheduling a time to pick up your records ensures faster delivery. But you can also have the doctor's office email them directly to you and/or our clinic. Below is all of our contact information to help you in this process. Inform your doctor's office the medical records need to be released to:

Yost Wellness Center c/o Dr. Heather Yost

3993 100th St.
Urbandale, IA 50322

Tele: (515) 278-9678
Fax: (515) 278-4663
YostWellnessCenter@gmail.com

Website: www.YostWellnessCenter.com