

How to Get the Most Out of Your Office Visits

We want you to have the best experience possible

#1. Sign up for our [Patient Portal](#)

- Request appointments, request renewal of prescriptions, check lab results, update patient information and more
- You should receive an email from CareTracker. Follow the directions in the email to complete registration
- If you do not receive an email, you can also access the portal through our website. Visit: www.thecaregroupcc.com, hover over *patient info* and click *patient portal*
- If you have issues, please call us at 303.343.3121

#2. Read our [Blog Posts](#)

- To find relevant and timely health information written by Dr. G, visit: www.thecaregroupcc.com and click on *blog*

#3. Sign up for our [eNewsletters](#) from Dr. G

- Sign up for our eNewsletters, visit: www.thecaregroupcc.com and click on the yellow button on the homepage that says *receive eNewsletters by Dr. G*
- By signing up, you get notified every time Dr. G writes a new blog article

#4. Schedule a [Nutrition Consultation](#)

- Schedule a one-on-one with a nutritionist
- Visit: thecaregroupcc.com/nutritionists/ to meet our three functional nutritionists

#5. Connect on [Social Media](#)

- We use our social media channels in conjunction with our eNewsletters/ blogs to deliver you timely and relevant health information. Please find us on your favorite social media sites to stay connected and find out about specials on supplements
- Facebook: [@thecaregroup](#) and [@shopthecaregroup](#)
- Instagram: [@thecaregroup](#)