

First Time Here? (Or Need a Quick Refresh?)

How Booking Works at Driftless Hydration & Wellness

We know scheduling healthcare services online can feel confusing — especially when it's not a traditional "menu." This quick guide walks you through how to book the right appointment *without overthinking it.*

Step 1: Choose the appointment type — not the IV name

Our schedule is organized by **visit type**, not individual ingredients.

When booking, you'll see options like:

- **IV Infusion/Hydration Appointment**

→ This is where most people start. Perfect for hydration, immune support, energy, recovery, and general wellness.

- **Vitamin Injection Appointment**

→ For B12, Tri-Immune, MICC, and other injections **when booked on their own.**

(If you're also receiving an IV the same day, only book the IV appointment.)

Quick clarification:

Injection = a shot in the arm

Infusion = bag of fluids with additional ingredients

- **Lab Draw Appointment**

→ For blood draws only. This appointment is used for **all phlebotomy services**, whether labs are ordered through Driftless or you're bringing an outside kit.

- **Wellness and Functional Therapies**

→ Sauna, red light, halotherapy, compression, etc.

You do not need to know exactly what you want when booking.

Personalization happens in person with your nurse.

Step 2: No customization is needed when booking

You're not expected to "build" your IV online.

- Choose the appropriate appointment category

- Your nurse will review your goals, history, and labs (if applicable)

- **Final selections and add-ons are determined during your visit — not online.**

This keeps booking simple — and ensures your care is personalized, not guesswork.

Step 3: What to expect on your first visit

For new clients, your visit typically includes:

- Brief review of intake forms and consent

- Vital signs and health assessment as appropriate

- Discussion of goals and recommendations

- Your selected therapy or infusion

- Time to relax while we take care of the rest

Plan to arrive a few minutes early if it's your first visit.

Booking multiple services? Here's what to do

If you'd like:

- An IV + injection, or

- Sauna + red light + halotherapy

Book the primary (longest) appointment only.

You're welcome to mention any add-ons in the **Notes** section, and our staff will take care of the rest.

This helps keep scheduling clean and ensures your visit flows smoothly.

Still not sure what to book?

If you're deciding between options or feeling stuck:

- Book an IV Infusion/Hydration Appointment — we can guide you from there
- Or reach out to us if you'd like help before scheduling

We're happy to point you in the right direction.

Specialized Infusion & Injection Therapies

Some advanced therapies require **recent lab work, medical review, and patient-specific orders**.

While these services may appear in our booking system, they are **not intended to be booked without prior discussion or evaluation**.

If you're interested in a specialized therapy:

- Labs and medical review are required before treatment
- Your care plan is individualized
- Final approval and preparation are overseen by our clinical team

If you're unsure whether a therapy is appropriate for you, please reach out before scheduling — we're happy to guide you.

If booked without prior evaluation, your appointment may be adjusted to ensure appropriate care.

One last thing

Our scheduling system is designed to:

- Protect your time
- Allow proper preparation and safety protocols
- Ensure every visit gets the attention it deserves

Thank you for working with us — we can't wait to take care of you.

Ready to book?

<https://driftlesshydration.janeapp.com/>



**DRIFTLESS
HYDRATION
& WELLNESS**