PBH Health LLC
Embrace Health, Enjoy Longevity
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CLIENT EDUCATION

# What to Expect: Your ADHD Evaluation and Treatment Plan

*Information for members | Version 1.2, 29 October 2026*

## Welcome

Many adults spend years wondering why focus, time and follow-through feel harder for them than for others. Whatever this evaluation finds, you will leave with a clearer picture of what is going on and a plan built around your life. This sheet explains what happens, what your plan may include, and how we keep you safe along the way.

> **Interested in being evaluated?** Tell Dr. Herbert or the PBH team at any visit, or write to support@pbhhealthllc.com. We will talk with you about whether an evaluation makes sense.

## How the evaluation works

1. **Before your first visit:** you complete a short screening questionnaire and the PBH intake packet, and gather any old school report cards or earlier evaluations you have.
2. **First visit, in person:** Dr. Herbert reviews your answers and talks with you in depth about your childhood, your daily life now, your health and your sleep. This is a structured interview used by ADHD specialists.
3. **Second visit:** once any records or test results are in, Dr. Herbert shares the result and what it means, and you build your plan together.

A questionnaire alone cannot diagnose ADHD. The diagnosis comes from the whole picture: your history, how things affect your life in more than one setting, and other conditions that can look like ADHD, such as poor sleep, stress, mood changes or thyroid problems.

## If the evaluation shows ADHD

Your plan may include some or all of these. If the evaluation does not show ADHD, Dr. Herbert explains what else may be behind your difficulties and what can help.

- **Understanding ADHD.** Knowing how ADHD works is the first step. Dr. Herbert explains what it means for you.
- **Daily-life changes with your health coach.** Sleep, routines, reminders, exercise, and setting up your work and home so things are easier to keep track of.
- **Medicine, if it is right for you.** Several medicines can help. Some are stimulants; some are not. Dr. Herbert reviews the choices with you, including their benefits and side effects, and you decide together.
- **Talking therapy,** such as cognitive behavioural therapy, if it would help.

## If medicine is part of your plan

- **Before starting,** Dr. Herbert checks your heart health, blood pressure, pulse and weight, and reviews your other medicines. The first prescription starts at an in-person visit.
- **In the first weeks,** you check in about once a week while the dose is adjusted. Follow-up visits may be by video.

- **Blood pressure and pulse** are checked before and after each dose change and every 6 months, and weight every 6 months. A home blood pressure cuff helps for video visits.
- **At least once a year,** you and Dr. Herbert review whether the medicine is still needed and working well.

## Keeping your medicine safe

- Never share your medicine with anyone. Stimulant medicines can be misused and are tightly regulated. Store it out of sight and out of reach of children and visitors.
- Take unused or expired medicine to a drug take-back site, and read the Medication Guide that comes with each prescription.

## When to get help right away

- **Call 911** for chest pain, fainting, or trouble breathing.
- **Call or text 988** (the Suicide and Crisis Lifeline), any time, day or night, if you have thoughts of harming yourself.
- **Call PBH Health LLC the same day** if you notice a very fast or pounding heartbeat, seeing or hearing things others do not, feeling unusually suspicious, or not needing sleep for days with racing thoughts.

**Questions?** Call 202-240-7159 or write to support@pbhhealthllc.com.

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