



### **Instructions for fillable electronic forms:**

- You need free Adobe Acrobat pdf reader to sign these forms.
- Download the pdf viewer here: <https://get.adobe.com/reader/>
- Download the forms on your device and open the forms in Adobe Acrobat. The electronic signature feature will not work from a web browser viewer.
- To sign the forms, the software will direct you to make your own signature ID certificate which is saved on a file in your own computer. Follow the prompts.
- After your finish signing, save the pdf as a new file on your device, and then upload in an email message and send back to us via our secure and encrypted email address: [office@vitalitymedicine.org](mailto:office@vitalitymedicine.org)