



- Welcome to True Performance -



Preparing for Your Initial Appointment

1. Sign into the "Jane" Patient Portal
2. Save & bring portal username/password
3. Fill out intake form in advance
4. Wear comfortable loose clothing
5. Email (or fax) PDF copy of any imaging reports
6. Bring form of payment (cash, FSA/HSA cards, & credit card)

> *We do not take insurance and accept payment towards the end of the session.*



ADDRESS

39 Simon Street Nashua, NH 03060
Unit 6 in North Crest Executive Park

Any documents can be emailed directly to your provider:

Dr. Sean Jordan = Sean@TruePerformancePT.com

Dr. Stephanie Dimino = Stephanie@TruePerformancePT.com

PHONE

[\(603\) 417 – 3976](tel:(603)417-3976)

FAX

[\(603\) 589 – 1211](tel:(603)589-1211)

WEBSITE

www.TruePerformancePT.com



- Directions -



Coming from Route 3 North:

When on Route 3 North, take Exit 5 for NH-111 toward Nashua / Pepperell Ma. This is a two-lane exit, stay in the left lane to pass by Exits 5E and 5W. Take Exit 5A for Simon Street. When getting off the ramp, take a left at the stop sign to get onto Simon Street. When the road curves, there will be a hill to your right and look for the North Crest Executive Park sign with the entrance on your side right.

Coming from Route 3 South:

When on Route 3 South, you will need to loop around. Take Exit 5 for NH-111 toward Nashua / Pepperell Ma. Then immediately take Exit 5E, which is NH-111 East onto West Hollis Street. Stay in that lane, since immediately afterwards you will take the next on ramp for Route 3 North. Go pass by 5W and take Exit 5A for Simon Street. When getting off the ramp, take a left at the stop sign to get onto Simon Street. When the road curves, there will be a hill to your right and look for the North Crest Executive Park sign with the entrance on your side right.