



Choose Life 2 Live Working Policies

Welcome to my practice!

I seek to serve my clients toward healthy outcomes in the areas of

- Wellness promotion
- Thyroid health
- Adrenal health
- Balancing hormones with bioidentical hormones in physiologic doses (meaning dosages our bodies should be but may not be making on their own)
- Weight loss,
- Gut health,
- Allergies,
- Well Woman/Annual exams.

- My fees are charged on a yearly basis which includes:
 - Initial consult or yearly recheck
 - 3 follow-up visits by phone, in person, email
 - Monitoring lab work
 - Prescriptions
 - Supplements
 - New or Additional symptoms
 - Education and Support

- These fees must be paid up front or at the time of service. A working credit card is kept on file.
 - A payment plan is optional for an additional fee.

- There will be a fee charged for visits/interactions beyond this, (5 and beyond.)

- Cancellations less than 48 hours in advance or no shows will be charged a fee.
 - New Patient Consult/ Yearly Recheck \$100
 - Any other Appointment \$50

- There is a separate charge for a Well Woman Exam and the Weight Loss program.

- I will seek to return phone calls or email messages within 2 business days. I usually return messages between appointments if there is time or at the end of the day. If you need to speak to me directly it is best to make an appointment time so we are not playing phone tag.

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- Prescription refills will be dealt with within **2** business days. Please plan accordingly for you refills so you will not run out. I will not renew prescriptions if your year of service is completed until a recheck has been done. If you cannot for some reason get in to see me or have a phone recheck you can pay your yearly fee and then schedule and keep your appointment within 2-4 weeks.
- I do not work with insurance directly but will give you a bill you can turn into insurance for reimbursement.
- I encourage clients to have a Primary Care Provider for episodic care or ongoing health problems such as hypertension, diabetes, pain management, to name a few.
- If you are having a health care crisis such as difficulty breathing or chest pain or some other type of medical emergency call 911 or go to an ER.

While I strive to customize your individual situation I do need to work within the law, ethics, medical and business practices and in your best interest as I see it to keep you healthy and not do you or your health harm.

I _____ hereby acknowledge and agree to the above policies.

Signature

Date