

INITIAL CONSULTATION POLICIES

Free, brief initial consultation

Dr. Anna Martin, ND offers a free, brief initial consultation to new, prospective patients. If you are seeking a consultation, you must provide Dr. Anna Martin, ND with your full name, postal address, email address, telephone number, and a few essential details about your complaint.

The initial consultation includes:

- Determining if Dr. Anna Martin, ND is the appropriate practitioner for your particular complaint,
- Getting to know each other,
- Discussing background,
- Deciding whether you and Dr. Anna Martin wish to work together,
- Discussion of rates and intake forms
- Discussion of next steps.

Disclaimers: 1) The free, brief initial consultation is not intended to establish a doctor-patient relationship. Dr. Anna Martin, ND does not become your doctor unless an office visit is scheduled and completed. She will not write prescriptions, make changes to current prescriptions order labs or imaging or give specific medical advice during a free initial consult. 2) Medical opinions provided on the spur of the moment, with limited background information exchanged, and without specific, fact-based research should not be relied upon for serious health concerns. Dr. Anna Martin, ND urges you to seek a complete, detailed intake visit, rather than relying on the general concepts presented and discussed during a brief, initial consultation.

Initial office visit

Upon reaching the conclusion that a new, prospective patient would like a more detailed appointment, an initial office visit should be scheduled.

Initial intake office visits are a bit longer than follow up visits, which allows Dr. Martin to get to know you and address your health holistically. The first office visit is **60 minutes** in length.

During the first visit, Dr. Martin listens to your health concerns, gathers a complete and comprehensive medical history, performs relevant physical exams and may suggest additional laboratory tests. It is helpful for you to bring previous lab work (the last 5 years), any relevant imaging and all current medications and supplements to your first visit. You will walk out of this visit with specific treatment recommendations based on your individual needs. Depending on the nature of your complaint, physical therapy and treatment may also be completed in office during the first visit depending on time limitations and the nature of the complaint. Please wear comfortable, loose fitting clothing to your appointments, if at all possible, to allow for movement.

Dr. Martin practices using the least intervention for the greatest benefit: her protocols are designed to address your symptoms while she also creates a plan to address the cause of your illness. Dr. Martin's protocols are informed by evidence-based research on both natural and conventional therapies.

Dr. Anna Martin has a cash practice, as many of the services she provides are not covered by insurance. Instead of the patient receiving a hefty bill for non-covered services, and the provider having to provide sub-par service due to insurance limitations...she bills for her time directly.

What this means to you?

You will only be billed for your time, in 30 minute increments. If Dr. Martin, chooses to use therapies or treatments in office, she will not bill extra for those services. For example, if she uses cold laser treatment or red light therapy on you during your visit, you will not be charged the extra \$150 that we would usually bill for this service on top of the normal visit charge. Instead, it will be included in your normal visit charge. This treatment is not typically covered by insurance. The exception to this is products and supplements, equipment, and any type of injection. These are billed out at the normal retail cost. Technology or machines that are used outside of appointments are billed to the patient separately. These costs, if any, will be discussed when prescribed in office.

How much are visits?

The charge for the initial office visit is \$300.00 per hour, and future visits are \$150.00 per half hour. This includes a time of service discount of 20%. All fees are due at the time of service. Dr. Anna Martin does not accept insurance, but can provide you with a superbill for you to submit to your insurance directly. The superbill does not ensure coverage, and we cannot help you with your claim submission or the claims process. If you are looking for a superbill to assist you with insurance reimbursement, you must verify your coverage with your insurance company at least 2 weeks before your initial visit and let us know prior to your visit that you will need a superbill after paying for your visit. Dr. Anna Martin, Bio FXN, PLLC and/or Rebound Sports Med are not in any way responsible for your insurance company's reimbursement of your claim nor can we guarantee coverage of your claim.

In most cases it will be worthwhile to have Dr. Martin review your intake and become familiar with your case before the initial visit. If requested, be sure to send the relevant documents to Dr. Anna Martin, ND in advance of your visit. You also might find it helpful in preparation for you to keep a journal, write a chronology or prepare a summary of your health complaints. If you have done so or can do so in advance of the initial visit, please send those documents as well so that you may have fully researched and considered advice, tailored to your specific concerns.

What if I need to cancel?

Because Dr. Martin has limited hours available, we ask that all cancellations be made 48 business hours in advance. This means the Thursday before your Monday appointment. This allows us to fill the spot with another patient in need of care. The cost of a missed appointment will be the full cost of the scheduled visit. Please help us better serve all of our patients by writing down your appointment time, and giving us as much time to schedule another patient in your stead. No-show fees will be charged to the card we have stored securely in your HIPAA privacy protected patient file.

We look forward to meeting you and being part of your health journey!

Warmly,

Dr. Anna Martin

By signing my name below, I certify that I have read the above information. Any questions concerning these policies have been discussed. My signature also certifies my understanding of and agreement with the above policies. A photocopy of this document is as valid as the original. You may receive a copy of this document upon request.

Patient (or Guardian) Signature

Date

Printed Name