



GOOD NATURED MEDICINE

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Dear New Patient,

Welcome to Good Natured Medicine! I look forward to helping you achieve your health and wellness goals.

Let me take this opportunity to tell you a little more about my practice. I received my Naturopathic Doctorate (ND) from Bastyr University in Seattle, WA, which is one of four federally accredited Naturopathic Medical Schools in the United States, and I received my B.S. in Cell and Molecular Biology from the University of Washington. In addition to my naturopathic medical training, I have post-graduate training in Classical Homeopathy with many internationally renowned teachers, including Drs. Rajan Sankaran, Jayesh Shah, Sujit Chatterjee, and Divya Chhabra. I am also a Clinical Hypnotherapist practicing Neuro Linguistic Programming (NLP) and Transpersonal Hypnotherapy, which can help you more effectively align the tremendous power of your subconscious mind with your conscious goals. I have extensive training and practice in Craniosacral Therapy, Somato-Emotional Release, Botanical Medicine, Nutritional medicine and a special allergy elimination technique, NAET, to modulate the immune system's over-reactivity to harmless substances. All of these techniques are focused on gently guiding and augmenting your body's natural ability to regain and maintain a healthy balance of body, mind and spirit. As a licensed physician in the State of Washington, I can order lab tests and imaging studies, coordinate with other physicians and specialists and prescribe any non-narcotic medications. Charges for my services that are for medical evaluation and treatment may be reimbursable by your insurance company, according to your plan benefits.

I understand that the most valuable thing about the doctor patient relationship is mutual trust and honesty. As a mother, and a member of a large family, I want you to know that I endeavor to treat you with kindness, respect and genuinely listen to you. I welcome you to share feedback, questions or concerns with me directly, at any time and for any reason.

What is Homeopathy?

Homeopathy is a 200-year-old system of medicine that is based on the principle that dates back as far as 400 BC, of "like cures like." Millions of people all over the world use homeopathy as a safe, natural, and effective way to treat acute and chronic disease. More and more people in the United States are experiencing increased health, vitality, and energy from the use of homeopathy. It is a holistic medicine that works on the body and mind together to elegantly increase physical, mental, and emotional balance.

The human body possesses the ability to heal itself. Homeopathy is an elegant way to trigger your body's self-healing potential by the introduction of ultra-dilute substances. Remedies may be needed once a lifetime, a year, or more frequently- it all depends on your unique state of health. Many patients report they feel more joy, freedom, relaxation, and peacefulness after homeopathic treatment. Homeopathy is suited to treat anything from bedwetting, menstrual disorders, skin conditions and even augmenting cancer treatment. It is a gentle and effective modality appropriate for patients of all ages.

What is Transpersonal Hypnotherapy?

Hypnotherapy is the use of relaxation techniques to guide you into a calm focused state where you can narrow your conscious focus allowing you to open to deeper understanding and clarity for your current situation. Transpersonal hypnotherapy relies on a fundamental view of you as a being that is beyond your personal ego, a being that has the intelligence, wisdom and power to examine and resolve limiting beliefs, addictions and stuck patterns, and move towards fulfilling your life potential. With the addition of Neuro-Linguistic Programming (NLP) techniques, it is an excellent way to bring movement into your life and let go of stagnating behaviors and thought patterns.

What is Craniosacral Therapy?

Craniosacral is a gentle hands on technique used to guide your body into anatomical alignment by following the fascial lines of tension and the subtle movements of your craniosacral rhythm. This technique is rooted in the Osteopathic tradition of medicine, and relies on gently following the lead of the subtle rhythms of your nervous system as felt through the practitioner's hands. Craniosacral is a therapy well suited modality for releasing chronic conditions like headaches, whiplash, carpal tunnel syndrome, old injuries, quelling inflammatory conditions like arthritis, and emotional trauma like Post Traumatic Stress symptoms.

What is NAET (Nambudripads Allergy Elimination Technique)?

NAET is a non-invasive method for modulating your immune system's response to harmless substances that trigger an allergic response through acupressure. This method combines homeopathic dilutions of allergens, muscle testing and stimulation of acupressure points. Similar to immunotherapy (needle injections of dilute allergens), most items are done one at a time and require an in office wait period of up to 20 minutes after each treatment to ensure an abreaction does not occur. NAET requires no injection of substances, and there is a short avoidance period where you will have to stay out of contact with the allergen you've been treated for that day. NAET treatment is only offered by qualified physicians, nurse practitioners and acupuncturists.

Patients who are too weak, too young (<5 yrs old), or too allergic will require a surrogate to attend sessions with them so that they can be accurately tested and safely treated. Patients are required to obtain and read the book by the creator of this technique, Dr. Nambudripad, "Say Goodbye to Illness," before beginning treatments at Good Natured Medicine so that they can be fully aware of what is required to ensure the best results. Additionally, the NAET Patient Workbook is a needed resource for tracking treatments and knowing what to avoid for the 25 hr period. Please see www.naet.com for further information.

What will the first visit be like?

Typically, the first appointment lasts 1 hour, or more. An initial Homeopathy or Hypnotherapy visit is 2 hours; this ensures I have enough time to fully understand you as a whole person—how you function in the world, how you respond to stress, and who you are as an individual. Many patients report this initial interview is helpful for their own understanding of their situation and a good start on the path to healing, which is an essential for identifying the underlying imbalances causing your symptoms. After confirming your scheduled first appointment, you will be sent an extensive intake packet to fill out and send back within 3 days of your first appointment. Most importantly, it allows me to review your information in whole and prepare handouts for you specifically ahead of time; and it makes the most of our time in office together.

What are the fees?

All appointments, other than package sessions and the initial Homeopathic intake, are billed at an hourly rate according to the sliding scale of \$120-\$180 for non-insurance patients. Retiree, student rates and package discounts are also available.

Visits that are less than 30 minutes are prorated at \$180/hr, with a 15 min minimum. Thus, if your follow up appointment is 15 minutes the fee is \$45.

I will do my best to make the most efficient and effective use of our visit time, and I invite you to do the same by coming in with a list of items or questions and goals you'd like to address and to please feel free to make me aware of your time and/or financial constraints. By letting me know what your parameters and priorities are, together, we can create the best approach for addressing your needs.

Below are rates for packages. The discount only applies for visits that are scheduled and paid for in advance.

Constitutional Homeopathy Evaluation: \$480

This includes the 2 hour initial visit and two follow ups. Homeopathy follow-ups are typically 30 mins and are scheduled 3-6 weeks after a remedy is prescribed. The remedy is not included in the fee and can range from \$9-24, and may need to be shipped from a Homeopathic pharmacy.

Series of 3 Visits: \$450

Craniosacral, counseling, NLP/hypnosis, and medical consults up to 5 hours total over three visits. Hypnotherapy sessions are 1-1.5 hrs long, the initial session is 1.5-2 hrs.

Discount Package Rates:

An initial package of 5 NAET sessions is \$350 for patients new to NAET; individual treatments are \$88. NAET visits are 20-30 mins long, and require a return visit within 7 days to test if the treatment is holding. Visits that include other medical care and evaluation other than NAET and extend the visit longer than 30 minutes are prorated at the hourly rate. The portion of the visits that are spent on medical evaluation and management may be submitted for insurance reimbursement according to your out-of-network provider benefits. A 10% discount is applied for more than 5 treatments paid in advance. Visits for testing the prior treatment only, are no charge.

A package of 4 Craniosacral treatment sessions is \$450, and incorporate Somato-Emotional Release, and Hypnotic/NLP techniques, of verbal dialogue and facilitation. These are 40-60 minute sessions.

Focused follow-ups last 15-20 minutes and cost \$45-\$60. You are welcome to email any time for clarification on the treatment plan; phone call to clarify treatment plan under 10 minutes are free of charge, and limited to 1 call per treatment plan. Phone conversations that are for consultation on a new condition, or are >10 minutes are billed at the same rate as office visits. I encourage you to email your non-urgent questions or concerns, and I will reply according to the email schedule. You are always welcome to leave a voicemail on the office phone for non-urgent messages. Your treatment plan includes my cell phone, please use this in cases of urgent needs or situations where time is of the essence (i.e. prescription issues while you're at the pharmacy), between 7:30 AM and 8 PM.

There will be a \$50 fee for missed appointments and appointments cancelled with less than 24 hours notice. Because of the effort involved in scheduling and sending out intake packets, this fee also applies to confirmed first appointments. Appointments must be rescheduled directly on the online calendar or by email within 24 hours to avoid the cancellation fee.

We appreciate your payment at the time of service. We accept VISA/MC credit cards also, and we bill via google checkout for secure online payments via credit card. We want to ensure that you can have access to top quality care at fair and affordable rates so please ask us about our sliding scale if your budget requires. All labs, supplements, medicines and remedies must be paid for at time of service.

What about health insurance?

Dr. Chavez is currently contracted as an In-Network Provider for:

Premera Blue Cross/Blue Shield: AK Global, AK HeritagePlus, AK HeritageSelect, Foundation & Foundation Plus 1, Global, Heritage & Heritage Plus 1

Lifewise

*****Insurance Network participation is subject to change please confirm admin@goodnaturedmedicine.com*****

We kindly ask for your patience and cooperation in helping Good Natured Medicine ensure your health insurance benefits are working for you- please check your plan for your lab and provider coverage beforehand. **Please send in a copy of your insurance card (both sides) with your intake forms. Thank you!**

I do my very best to provide you with top quality care that is the most beneficial and appropriate for your condition. If you are not covered by one of the above plans we will provide you a detailed receipt with medical codes for diagnosis and treatment that you may submit to your health insurance company for reimbursement according to your individual health plan benefits for out-of-network provider coverage, or for your tax-deductible coverage under a Health Savings Account (HSA).

If you are not covered by one of the contracted insurance plans, and you'd like GNM to submit insurance forms for you, we can do so electronically- however, please note that this creates extra work in two ways- we have to convert our time based rate to a medical procedure code (CPT) rate that insurance companies use, and thus we cannot offer the usual cash discounts, the minimum charge for insurance claims are \$45 for a 15 minute visit, \$120 for a 25 minute visit, \$150 for 35 minutes, and \$180 for 50 minutes- we will prorate charges as below.

Consultations for evaluation and management will be billed at \$3.75/min, to reflect the adjustment between time-based to procedure code billing. If you are receiving a treatment that is not covered by your health insurance plan, (i.e. NAET, Craniosacral therapy and for some, hypnosis), only that part of the office visit time that is allotted to evaluation and management will be billed to your insurance company. For example, package rates for NAET apply to a 30 minute, maximum, time slot for treatments. If other treatments and evaluations, that are billable to your insurance company, take place in the same visit, then that portion of the visit will be prorated at \$3.75/min and billed to your insurance company. Regardless, if we submit claims for you electronically, which is much quicker, or you submit the superbill yourself, payments for non-covered services, co-insurance, and/or copayments are due at the time of service unless a specific payment plan has been agreed upon with you and Dr. Lisa.

Many insurance providers do cover naturopathic providers, please contact them directly for an explanation of your benefits and the rate of your reimbursement.

Additionally, because some of the alternative modalities that I offer, like NAET are not covered by insurance companies at this time. Hypnosis may not be a covered benefit, depending on your insurance coverage. Patients who have insurance may benefit from a 20% discount for non-covered services as part of an affinity network. Consult with your health insurance provider to confirm.

If you have a Health Savings Account, which is a high deductible plan with a qualifying tax free account, all of your office visits, copays, as well as eligible prescribed supplements and medicines will count towards your deductible. If you have a Flex Plan or Cafeteria Plan through your employer, you can get reimbursement for supplements that are prescribed in office, (this doesn't include medical foods/meal replacement powders or bars) and any co-insurance balances or office fees that are not covered by your out-of-network provider coverage. Please confirm your out-of-network benefits with your health insurance carrier. You can get additional details on tax-free HSA rules at the irs.gov website.

How do we get started?

Please fill out the enclosed forms and mail, fax or email them to me at least 5 days before your scheduled appointment. Please include any additional items you feel are pertinent to your situation, including copies of medical records or lab results. You can contact your current/previous primary care office(s) and authorize the release of your medical records to my office via fax (206.686.5012). And, if you are covered with an insurance company we contract with please do send in a copy of your insurance card, both sides, and include the date of birth of the primary subscriber if they are other than the patient. Thank you!

If you will be consulting with me by phone, I will call you to schedule a phone appointment after I receive your completed forms.

I look forward to meeting you, in Grace & Good Health,

Lisa Chavez, ND