



WELLNESS & FUNCTIONAL MEDICINE NEW PATIENT CONSENT FORMS

*THESE FORMS, YOUR PREVIOUS MEDICAL
RECORDS/LABS, AND THE PATIENT MEDICAL
QUESTIONNAIRE MUST BE SUBMITTED TO OUR OFFICE
AT LEAST 7 DAYS PRIOR TO YOUR FIRST APPOINTMENT*

DID YOU REMEMBER TO:

- Read all of the practice documents.
- Check with your insurance company about lab coverage with True Health (most accepted) and GENOVA (Aetna not accepted).
- Obtain your pertinent medical records, labs and test results from previously seen physicians and have them sent at least 7 days prior to your appointment date to:

aNu Aesthetics and Optimal Wellness
10090 NW Prairie View Rd
Kansas City, MO 64153
Fax #: 816-295-7694

FILL OUT AND/OR SIGN THE FOLLOWING FORMS:

- Important Patient Information
- Informed Consent Regarding Email or the Internet Use Of Protected Personal Information
- Notice of Medicare Denial
- Medical Questionnaire (separate)
- 3-Day Diet and Sleep Diary (separate)

Thank you,

We are looking forward to working with you to achieve Optimal Wellness!

PLEASE KEEP PAGES 1 - 10 FOR YOUR RECORDS

RETURN THE SIGNED PAGES 11-14

AT YOUR FIRST APPOINTMENT

Dear Patient,

Welcome! We look forward to meeting you and working with you to achieve Optimal Wellness. We want to optimize your time in the office with your medical provider and have included detailed information to accomplish this goal.

WELLNESS MEDICINE INITIAL CONSULTATION:

PLEASE COME FASTING – WE WILL DRAW BLOOD AT YOUR VISIT. Bring a snack if you'd like. If you take THYROID MEDICATION please DO NOT take it the morning of your appointment.

- Vitals are taken, HIPPA forms and policies are reviewed for signature and any questions.
- Consultation with medical provider (80-90 min).
- Blood draw with on site phlebotomist (please come fasting as above).
- Pay for labs and any supplements purchased (if applicable).
- Schedule follow-up appointment.
- Please plan 2 hours for your initial consultation. Bring a snack if you'd like to have after labs.

WELLNESS MEDICINE FOLLOW UP CONSULTATION:

Follow up appointments are typically 1-3 weeks after your first appointment depending on the type of labs needed.

- Vitals are taken, forms and policies are updated/signed if needed
- Consult with medical provider to review labs and establish a plan of care (80-90 min).
- Please plan to spend 2 hours for your initial follow up consultation.
- Wrap up and check out with Wellness Coordinator (10-20 minutes).
- Pay for consult, labs (if applicable - ZRT only currently) and supplements.
- Schedule follow-up appointments.
- Obtain an invoice to send to your insurance company for reimbursement if needed.

Our goal is to provide you with the highest level of personalized care possible. We are committed to helping you achieve Optimal Wellness.

It is important to read all of the enclosed information carefully and return it to our office at least 7 days prior to your appointment. You can return it to our office by mail, email or fax. Our system is not interactive (yet), so you will need to print out the documents and then rescan them if you choose to email them to us. **Having these forms 7 days in advance will allow your medical provider to help solve your problems more efficiently and enhance the quality of your care. If your Intake Form and Medical Records have not been received at least 7 days prior to your initial appointment, it may take your medical provider up to 30 minutes of your 90 minute appointment time to review your chart.**

WEBSITE

Information and patient forms are available through the website (and EMR soon): www.anuaesthetics.com and may be found on the new patients page.

MEDICAL RECORDS FROM OTHER DOCTORS/CLINICS/HOSPITALS

Medical records can only be released with your authorization. It is your responsibility to obtain previous medical records from other physicians, or health care providers that you wish your medical provider to review. Please contact your physician or other health care provider to obtain these records and make sure that we have received them at least 7 days prior to your initial appointment. The required form can be found on our website as above.

COPIES OF MEDICAL RECORDS & LABS FROM OUR OFFICE

You will be given a copy of your labs at each visit to keep for your records. Your medical provider will also share information with your outside medical providers as needed. [Should you need additional copies of your medical records; a \$25 fee will be charged for copies and postage.]

FUNCTIONAL MEDICINE CONSULTATION FEES

Initial Consultation (80-90 minutes) \$500 MD/\$300 NP

Initial Follow-Up Consultation (80-90 minutes) \$500 MD/\$300 NP

Subsequent Follow Up Consultations

30 minutes \$250 MD/ \$150 NP

60 minutes \$500 MD/ \$300 NP

Each additional 15 minutes \$125 MD/ \$75 NP

Semi-Annual Visit (required) - after being a Wellness Patient and Plan Optimized: A 45 minute follow up is required every six months with labs prior when on hormones or any prescriptions \$375 MD/ \$225 NP

Other Appointments/Treatments:

Limited Email or Phone Call for Follow up/Medication Change/Urgent Issue/Sick Visit (for Immediate Needs Only) \$90

Phone consults are also available if travel is difficult for the same prices above. Phone appointments require payment in advance with a credit card on file. The Missouri Board of Healing Arts requires that the first visit is face-to-face with a physician to establish care.

Female Pellet Insertion \$375

Male Pellet Insertion \$675

HCG (26 days) \$350

HCG (40 days) \$475

LAB TESTS

We have a private phlebotomist (AM hours by appointment) and an LPN (all times) at our office to draw your blood when needed. You DO NOT need an appointment to get labs drawn at your first visit but will at subsequent lab visits.

PLEASE ARRIVE FASTING FOR YOUR FIRST APPOINTMENT. PLEASE CALL YOUR INSURANCE CARRIER PRIOR TO YOUR APPOINTMENT TO KNOW WHAT YOUR COVERAGE IS.

Some labs that involve stool, urine or saliva samples are done by you in your home. You will be given all lab kits and step-by-step instructions for at home test at the time of your consult. Once all of the final lab results are received, we will go over them at your follow-up visits.

SUPPLEMENTS

All of the supplements that are recommended at aNu are available for purchase in our office or through our discounted online vendors. You are not obligated to purchase supplements from our office, however, Dr. Watkins (Medical Director and Owner) only recommends supplements that have been extensively studied and provide guaranteed ingredients (rather than OTC fillers) to reach Optimal Wellness.

Supplements may be purchased in our office or mailed directly to you for \$7.95 flat shipping or ordered online as below. Please send office orders to wellness@anuaesthetics.com and allow 24 hours for processing.

NP SCRIPT

Visit the following link and scroll down to the left lower page and follow these instructions to order through NP Script: www.npscript.com

New Patients:

1. Enter the code: **anuoptimalwellness**
2. Then sign up as a new patient and order direct online with our company discount.

FULLSCRIPT

You can also use the following link to order through Fullscript.

<https://us.fullscript.com/welcome/anu>

Some recommended supplements are only available in the office or on FullScript (Ortho Molecular, etc).

RETURNS/REFUNDS

Supplements (unless refrigerated) may be returned for a refund or exchange if in original condition and unopened or unused within 14 days of purchase. There is a 3% charge on all refunded items/charges due

to credit card fees.

CREDIT CARDS

We require a credit card number at the time of scheduling your first appointment. This credit card will be charged the initial full consult fee of \$500/\$300 (MD/NP) and will be kept on file to use for all appointments, labs and supplements unless otherwise specified by you at the time of check out. We do accept all major credit cards, HSA/FSA, and Care Credit.

CANCELLATION AND RESCHEDULING OF APPOINTMENTS

There is a 48 hours cancellation and rescheduling policy for wellness appointments due to the extended length of appointments. Your appointment must be cancelled or rescheduled at least 48 hours prior to your consultation time or you will be charged the full consultation fee, unless we are able to fill your appointment time. You may cancel your appointment by calling the office 816-359-3310.

LATE ARRIVAL APPOINTMENTS

We are committed to being on time with patients' appointments in order to prevent patients from waiting. If you arrive late to the office for your consult your appointment will end at the scheduled time and you will be charged for the length of the originally scheduled visit.

FOLLOW UP APPOINTMENTS

At the time of check out you will be scheduled for a follow up appointment. We will assume you will honor this appointment time unless you notify us otherwise at least 48 hours prior to your scheduled appointment.

Follow-up, phone, or in person consultations will be billed to your credit card on file unless you provide other payment information and instructions prior to your appointment. If additional lab tests are required and our office sends test kits, the appropriate fees will be charged to your account. Credit card on file will also be used for supplements mailed unless otherwise specified.

INSURANCE INFORMATION

Medical insurance is not accepted and our office cannot assist you with claim resolution. In addition, our medical providers are not Medicare or Medicaid providers. You will be provided with a billing summary that you can submit to your insurance carrier. Our medical providers do not submit their medical notes to insurance companies.

OFFICE HOURS

Our office hours are Monday/Wednesday/Friday, 9 am to 5 pm CST and Tuesday/Thursday 9 am to 7 pm CST.

If you are going to stop by the office to pick up supplements we ask that you kindly email your order to us at wellness@anuaesthetics.com prior to your visit to reduce your wait at the front desk. You can always walk in to purchase, but there may be a short wait depending on patient volume. If you need lab kits or anything of that nature please email us at wellness@anuaesthetics.com

PHONE CALLS AND MESSAGES

Phone messages left will be responded to within 24 hours (during business hours). To reach the office,

please call (816) 359-3310. If you call after hours, the office staff will return your call on the next business day. When leaving a message, please include the following information:

✓ Full name, spell your last name, and date of birth ✓ Reason for call ✓ Phone number(s)

If you have a medical emergency, call 911 or go directly to the nearest ER.

PRESCRIPTION REFILL REQUESTS

For prescription refills, we ask that you contact your pharmacy and have them fax over the medication refill request. Our fax number is (816) 295-7694. It may take up to 3 business days to process a prescription refill. Please note that we are not in the office on weekends or holidays to authorize refills. Please plan ahead to avoid any interruptions in your medications.

EMAIL

If you have lab kit questions, appointment questions (except late notice cancellations), or administrative questions, you can email wellness@anuaesthetics.com.

If you have a medical question for Dr. Watkins please submit your question via email to wellness@anuaesthetics.com (through the EMR patient portal when available) and it will be triaged by our wellness coordinator and delegated as needed. Please note that it can take your medical provider up to 3 business days to respond. Please also note, there may be a \$90 charge associated with the email depending on the nature of the email - see costs above.

FREQUENTLY ASKED QUESTIONS:

What kind of medical provider will I see?

Dr. Cristyn Watkins has been a board certified Family Medicine physician for almost a decade and was previously the Chief Medical Officer of Northwest Health Services in St. Joseph, MO. She has been the Medical Director and owner/founder of aNu since it opened in 2011. She is currently obtaining her Fellowship and second Board Certification in Functional, Metabolic and Nutritional Medicine from George Washington University School of Medicine and The American Academy of Anti-Aging Medicine. She no longer practices traditional Family Medicine as she now practices Personalized Wellness & Functional Medicine and takes care of men and women in a unique, customized approach. She is dedicated to helping her patients achieve wellness, vitality and assisting them with healthy age management.

Yashica Harris, MSN, APRN, ANP-BC is from St. Louis, MO where she attended Goldfarb School of Nursing at Barnes-Jewish College for degrees in Nursing: Associates, Baccalaureate, and Masters with a specialty in Adult Nurse Practitioner. She graduated top of her class receiving the graduate award for clinical excellence. She is also currently pursuing a fellowship and board certification in Metabolic and Functional Medicine with Metabolic Medical Institute supported by George Washington University School of Medicine and Health Sciences.

What is this style of medicine?

No two humans are the same in regards to metabolism, nutritional status, exercise tolerance and chronic disease predisposition. Nor are they the same in regards to the optimal treatment options. Therefore, our medical providers practice personalized medicine, tailored to each patient individually.

They will teach you the knowledge and skills you need to effectively live and practice a anti-aging, regenerative, and healthy lifestyle.

Definition of Integrative Medicine

Dr. Andrew Weil defines integrative medicine as a healing oriented medicine that takes account of the whole person (body, mind and spirit), including all aspects of a healthy lifestyle. It emphasizes the therapeutic relationship and makes use of all appropriate therapies, both conventional and alternative medicine. It is a philosophy that neither rejects conventional medicine nor accepts alternative therapies uncritically. The focus is to use natural, effective, less-invasive interventions whenever possible and recognize that good medicine should be based in good science, be inquiry driven and be open to new paradigms.

Definition of Functional Medicine

Functional Medicine is defined as a medical system that addresses the underlying causes of disease, using a systems-oriented approach and engaging both patient and practitioner in a therapeutic partnership. It is an evolution in the practice of medicine that better addresses the healthcare needs of the 21st century. By shifting the traditional disease-centered focus of medical practice to a more patient-centered approach, functional medicine addresses the whole person, not just an isolated set of symptoms.

aNu Optimal Wellness Personalized Medicine

Our medical professionals blend these styles of medicine to create an individual and personalized practice that is highly patient focused. The patient is the center of the philosophy, which involves optimum health and balance in the body and mind. All of our systems need to be healthy in order for us to perform at our best. They believe in combining elements of many areas including conventional or Western medicine, new methods backed by scientific research, and even ancient Chinese or Eastern medicine. Functional medicine looks closely at how the environment we're in, our lifestyle and our own genetics affect us and ultimately determine our health conditions.

Much of traditional medicine focuses on alleviating a symptom, either decreasing the intensity of the symptom or making it go away altogether. The problem with this is that, while the patient may feel better, these good feelings may not last for the long-term, and the underlying problem is still there. Pharmaceuticals and prescriptions typically don't heal a condition, they simply treat it or rather, they treat the symptoms. This is why more and more, people are turning to holistic and functional medicine to help relieve their conditions.

Another big difference about functional medicine that will make sense to you is that instead of treating just one problem, such as a certain disease like diabetes or skin cancer, functional medicine looks at the entire body, the mental and physical condition of the patient, the nutrition and exercise levels, their stress levels, and all the potential imbalances that may exist in their bodily systems. Proponents of functional medicine believe that traditional health care simply treats the tip of the iceberg but hardly ever results in permanent healing and vitality for the individual.

Many factors can be causes of imbalances in the body - inflammation, bacteria, viruses, toxins, emotions, digestion, anxiety, and poor diet. Every patient responds differently to various therapies and treatments, which is why she will closely monitor your progress and adjust your therapies as needed. We cannot promise you a specific level of result as soon as you come see us.

What we can promise you is that our medical providers will work side-by-side with you to achieve your optimal health goals for 'aNu You'.

How will lab tests be performed at aNu?

As above, some testing can be done through conventional laboratories and others are only available through functional medicine laboratories. During your medical consultation, the medical provider will determine which tests are needed and review with you testing recommendations, instructions (ex. fasting or non- fasting, etc.) and costs. Some testing requires collecting urine, saliva or stool at home. In all cases, we will assist you in coordinating initial and follow-up testing.

Why is this type of medicine 'expensive'?

Our medical providers spend 60-120 minutes with their patients to get to know and understand the journey that has led them to seek this style of medicine. Everything matters in the medical history and they will focus on many details that other providers overlook or do not have time to address.

The practice is structured so that our medical providers are the caregiver, they consult directly with the patients, they are the one that attend to emails and issues regarding your medical questions/needs, and they will spend multiple hours behind the scenes tailoring the initial *Wellness Plan* & updating it throughout the patient's care when needed.

PCP and specialist visits cost \$200-500 and are billed to your insurance and typically last 5-15 minutes. The medical provider contracts with insurance and they receive a small portion of that cost, with the remaining going to the insurance company. This system has led to the chronic disease that we have in America. We are looking to treat the underlying cause and break this cycle.

aNu's medical providers feel that traditional medicine is much more 'expensive' as it does not treat the cause of disease or lead to 'health'. The long term consequences of disease and metabolic issues are much more costly.

Do you take insurance?

aNu does not accept any insurance. Insurance does not typically cover this type of medicine or prolonged 60-120 minute visits.

While we do not participate with insurance companies nor do we file, we do provide appropriate receipts for patients to submit for possible reimbursement when requested. Reimbursement for our services has

varied greatly & is not guaranteed. All coding is accurate, however, not all companies reimburse extended visits, etc.

When clinics bill health insurance companies directly, the doctors are required to become participating providers. The doctors must sign a contract that allows the insurance company to determine which services they will and will not provide and how much they can charge for those services. In general, insurance companies are not focused on any preventive or wellness services. They are heavily invested in the conventional model of health care that too often relies on drugs and surgery. aNu is committed to the functional medicine model that addresses the underlying causes of your symptoms with specific nutritional and lifestyle recommendations.

A participating provider must agree to accept the fees the insurance company establishes, regardless of whether the fees are reasonable or applicable to that practice. In general, these established fees cover the actual cost of the briefest (and we believe the lowest quality) care. Doctors who are participating providers are required to accept discounted fees for their services, and they cannot bill the patient for the difference between their fee and what the insurance company will pay. Therefore, the clinic must write off the difference, often as much as 50% or more of the doctor's fee for service. At the same time, the participating provider's office overhead costs have increased dramatically because of the staff, time and equipment necessary for processing and tracking claims.

In today's healthcare environment, the actual cost for doctors to provide services continues to rise, while the percentage of reasonable fees that insurance payments cover is declining. At the same time, the profits of health insurance companies and the salaries of their top executives continue to rise to record levels. Most doctors and clinics cope with the requirements of being participating providers by keeping their office visits very brief, so that they can see many patients within a given time frame.

Will you be my primary care provider?

We require that you maintain a primary care doctor for an annual physical exam, Pap smear, prostate exam, emergencies, etc. We do provide some acute care services (sinus infection/bladder infection) for a \$90 fee. We are happy to work with you closely as a consultant and coach in preventive, nutritional and functional medicine to help you address the roots of chronic health problems. We are also happy to confer with your primary care doctor if desired.

Do I have to see the medical provider in person for my medical consultation?

Yes, Missouri requires that medical providers meet a patient face-to-face in person for the FIRST medical consultation to establish care. Follow-up appointments can be arranged by telephone or in person.

PATIENT ACKNOWLEDGEMENT:

I acknowledge that I have read and understand this document pertaining to information and policies for Functional Wellness Medicine at aNu Aesthetics and Optimal Wellness.

Signature _____

Print name _____

Date _____

NOTICE OF MEDICARE

Medicare will only pay for services determined to be reasonable and necessary under Section 1862 (a) (1) of Medicare Law. If a particular service is considered not acceptable and unnecessary under Medicare standards, Medicare will deny payment for those excluded services.

MEDICARE NOTICE

aNu’s medical providers are NOT Medicare providers; therefore, your payment is due at the time services are provided. Any claims CANNOT be submitted by aNu or the patient.

PATIENT ACKNOWLEDGEMENT

My medical provider, and/or staff have informed me, that services, labs, nor supplements can be submitted to MEDICARE for reimbursement.

Signature _____

Print name _____

Date _____

Informed Consent Regarding Email or the Internet Use Of Protected Personal Information

aNu provides patients the opportunity to communicate with them by e-mail. Transmitting confidential health information by e-mail, however, has a number of risks, both general and specific, that should be considered before using e-mail.

1. Risks:

a. General e-mail risks are the following: e-mail can be immediately broadcast worldwide and be received by many intended and unintended recipients; recipients can forward e-mail to other recipients without the original sender(s) permission, or knowledge; users can easily misaddress an e-mail; e-mail is easier to falsify than handwritten, or signed documents; backup copies of e-mail may exist even after the sender, or recipient has deleted his/her history. b. Specific e-mail risks are the following: e-mail containing information pertaining to diagnosis and/or treatment must be included in the protected personal health information; all individuals who have access to the protected personal health information will have access to the e-mail messages; patients who send, or receive e-mail from their place of employment risk having their employer read their e-mail.

2. It is the policy of aNu that all e-mail messages sent or received, which concern the diagnosis, or treatment, of the patient will be a part of that patient's protected personal health information and we will treat such e-mail messages, or internet communications, with the same degree of confidentiality as afforded other portions of the protected personal health information. aNu will use reasonable means to protect the security and confidentiality of e-mail, or internet communication. Because of the risks outlined above, we cannot, however, guarantee the security and confidentiality of e-mail, or internet communications.

3. Patients must consent to the use of e-mail for confidential medical information after having been informed of the above risks. Consent to the use of e-mail includes agreement with the following conditions:

a. All e-mail to, or from, patients concerning diagnosis and/or treatment will be made a part of the protected personal health information. As a part of the protected personal health information, other individuals, Dr. Watkins, physicians, nurses, other healthcare practitioners, insurance coordinators, and upon written authorization other healthcare providers and insurers will have access to e-mail messages contained in protected personal health information.

b. aNu practitioners may forward e-mail messages within the practice as necessary for diagnosis and treatment. We will not, however, forward the e-mail outside the practice without the consent of the patient as required by law.

c. We at aNu will endeavor to read e-mail promptly, but can provide no assurance that the recipient of the particular e-mail will read the e-mail message promptly. Therefore, e-mail must not be used in a medical emergency.

d. It is the responsibility of the sender to determine whether the intended recipient received the e-mail and when the recipient will respond.

e. Because some medical information is so sensitive that unauthorized disclosure can be very damaging,

e-mail should not be used for communications concerning diagnosis, or treatment of AIDS/HIV infection; other sexually transmissible, or communicable diseases, such as syphilis, gonorrhea, herpes, and the like; Behavioral health, Mental health, or developmental disability; or alcohol and drug abuse.

f. aNu cannot guarantee that electronic communications will be private. However, we will take reasonable steps to protect the confidentiality of the e-mail, or internet communication. However, our medical providers are not liable for improper disclosure of confidential information not caused by its employee's gross negligence, or wanton misconduct.

g. If consent is given for the use of e-mail, it is the responsibility of the patient to inform aNu Medical Director in writing of any type of information you do not want to be sent by e-mail.

h. It is the responsibility of the patient to protect their password or other means of access to e-mail sent, or received, from aNu, to protect confidentiality. aNu is not liable for breaches of confidentiality caused by the patient.

Any further use of e-mail initiated by the patient that discusses diagnosis, or treatment, constitutes informed consent to the foregoing.

I understand that my consent to the use of e-mail may be withdrawn at any time by written communication to the Medical Director.

I have read this form carefully and understand the risks and responsibilities associated with the use of e-mail. I agree to assume all risks associated with the use of e-mail.

Name Printed: _____

Signature: _____

Date: _____

Authorization for Disclosure of Health Information

Protected health information (PHI) will only be released from our practice with a properly executed authorization from the patient or his/her personal representative, except for treatment, payment, or health care operations and as otherwise required by law. Examples of some instances in which we are required to disclose your PHI include: Public health activities; information regarding victims of abuse, neglect, or domestic violence; health oversight activities; judicial and administrative proceedings; law enforcement purposes; organ donations purposes; research purposes under certain circumstances; national security and intelligence; correctional institutions; and Worker's Compensation. aNu will only use or disclose PHI, except as noted above, consistent with the terms of the authorization. A patient may revoke his authorization to use or disclose PHI at any time but actions taken prior to the revocation are excluded. Authorizations must be properly executed by the patient or his personal representative. It should include, the date signed, specific PHI to be released or used, to whom this use or release relates, and an expiration date for the authorization.

Patient Name: _____

Date: _____

Signature: _____

My health information may be disclosed to the following individual (optional):

Name: _____ Relationship to patient: _____

Address: _____

City: _____ State: _____ Zip: _____

I understand that I have a right to revoke this authorization at any time. I understand that if I revoke this authorization I must do so in writing and present my written revocation to the medical director. I understand that authorizing the disclosure of this health information is voluntary. I can refuse to sign this authorization. I need not sign this form in order to assure treatment. I understand that the information in my health record may include information relating to sexually transmitted disease, acquired immunodeficiency syndrome (AIDS) or human immunodeficiency virus (HIV). It may also include information about behavioral or mental health services and treatment for alcohol and drug abuse.

Signature of patient

Date