



WELLNESS & FUNCTIONAL MEDICINE NEW PATIENT CONSENT FORMS

**PAGES 14-17 OF THESE FORMS, ALONG WITH THE
PATIENT MEDICAL QUESTIONNAIRE
(AND IF APPLICABLE, YOUR
PREVIOUS MEDICAL RECORDS AND LABS)**

**MUST BE SUBMITTED TO OUR OFFICE PRIOR TO
SCHEDULING YOUR FIRST APPOINTMENT**

**FOR YOUR PROVIDER TO REVIEW PRIOR TO YOUR
APPOINTMENT**

DID YOU REMEMBER TO:

- Read all of the practice documents.
- Check with your insurance company about lab coverage if needed. See page 6-8 about labs in this packet.
- Obtain your pertinent medical records, labs and test results from previously seen physicians and have them sent via fax number below at least 7 days prior to your appointment date to:

aNu Aesthetics and Optimal Wellness

10090 NW Prairie View Rd OR 547 Grand Blvd

Kansas City, MO 64153

Fax# 816-326-0910

Front Office Concierge Email: info@anuaesthetics.com

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 Diary

Thank you,

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

****PLEASE KEEP PAGES 1 - 12 FOR YOUR RECORDS****

RETURN THE SIGNED PAGES 13-16

BEFORE YOUR APPOINTMENT AS ABOVE

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.

It is important to read all of the enclosed information carefully and **return it to our office so we can schedule your appointment**. We ask that you return it to our office by email or fax.

Fax# 816-326-0910

OR

Front Office Concierge Email: info@anuaesthetics.com

Having these forms well in advance will allow your medical provider to better understand your issues which will enhance the quality of your care.

WEBSITE

Information and patient forms are available through the website and Patient Now EMR. Forms can also be found at <https://anuaesthetics.com/new-patients/>

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 us 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 lab results 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 \$0.25 fee will be charged per page per copies and postage.)

ADVANCED MEDICAL PROVIDER (NP/PA) WELLNESS MEDICINE INITIAL CONSULTATION:

For initial consults, we will schedule your appointment time to have your blood drawn by our private phlebotomist at our River Market location at least 7 days before your scheduled appointment with the medical provider. This is included in the initial visit and is required.

- Vitals are taken, HIPPA forms and policies are reviewed for signature and any questions.(15-20 minutes)

- Consultation with medical provider (75 min) to review labs and establish a plan of care.
- Pay for any supplements purchased (if applicable)
- Schedule and pay for any needed additional labs (if applicable)
- Wrap up and check out with the Wellness Coordinator (10-30 minutes)
- Schedule follow-up appointment
- Please plan for 2 hours for your initial consultation

ADVANCED MEDICAL PROVIDER (NP/PA) FIRST WELLNESS MEDICINE FOLLOW UP CONSULTATION:

Follow up appointments are typically 4-12 weeks after your first appointment, depending on the type of plan given (weight loss, hormone management, thyroid, GI or more complex issues).

- Vitals are taken, forms and policies are updated/signed if needed.
- Consult with medical provider to review labs and establish an additional plan of care (30-90 min).
- Please plan to spend 45-60 minutes for your initial follow up consultation.
- Wrap up and check out with the Wellness Coordinator (10-30 minutes).
- Pay for consult, labs (if applicable) and supplements.
- Schedule follow-up appointment

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

FUNCTIONAL MEDICINE CONSULTATION FEES WITH ADVANCED MEDICAL PROVIDER (NP/PA):

Initial Consultation that **INCLUDES** labs (75 minutes) \$575

Subsequent Follow Up Consultations

30 minutes - \$195

45 minutes - \$245

- **Semi-Annual Visit (required)** - after being a Wellness Patient and your Plan is Optimized, a 45 minute follow up is typically required every six months with labs prior when on hormones or any prescriptions. The cost is \$245 plus labs.
- 45 minutes is usually required for all follow-ups with lab review unless it is a quick ver limited call/email follow up as below.

60 minutes - \$295

90 minutes - \$345

Each additional 15 minutes - \$50

Other Appointments/Treatments:

Please understand that all emails/calls for medical management are charged as this requires chart and medication review, note updates, discussion with a medical assistant and/or pharmacist. This takes much longer than just the call or email for proper medical decision making and treatment. As such, a very limited email or phone call for follow-up/medication change/urgent issue/sick visit (ie. for immediate needs only and under 15 minutes) costs \$90 - \$175 with Dr. Watkins.

DR. WATKINS' WELLNESS MEDICINE INITIAL CONSULTATION:

You do NOT need to be fasting. For initial consults, we will schedule you to return at another time to have your blood drawn by our private phlebotomist during her scheduled times AFTER your first 90 minute appointment with Dr. Watkins.

- Vitals are taken, HIPPA forms and policies are reviewed for signature and any questions.(15-20 minutes)
- Consultation with medical provider (90 min)
- Schedule labs
- Pay for labs and any supplements purchased (if applicable)
- Schedule follow-up appointment
- Please plan for AT LEAST 2 hours for your initial consultation.

DR. WATKINS' FIRST WELLNESS MEDICINE FOLLOW UP CONSULTATION:

Follow up appointments are typically 1-4 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 (10-30 minutes).
- Pay for consult, labs (if applicable) and supplements.
- Schedule follow-up appointments.
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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 so we can schedule your appointment**. We ask that you return it to our office by email or fax.

Fax# 816-326-0910

OR

Front Office Concierge Email: info@anuaesthetics.com

Having these forms well in advance will allow your medical provider to better understand your issues which will enhance the quality of your care.

FUNCTIONAL MEDICINE CONSULTATION FEES WITH DR. WATKINS

Initial Consultation (80-90 minutes) \$750

Initial Follow-Up Consultation (80-90 minutes) \$750

Subsequent Follow Up Consultations

30 minutes - \$250

45 minutes - \$375

- (45 minutes is usually required for all follow-ups with lab review unless it is a quick follow up)

60 minutes - \$500

Each additional 15 minutes - \$125

Semi-Annual Visit (required) - after being a Wellness Patient and your Plan is Optimized, a 45 minute follow up is required every six months with labs prior when on hormones or any prescriptions. The cost is \$375 plus labs.

Other Appointments/Treatments:

Please understand that all emails/calls for medical management are charged as this requires chart and medication review, note updates, discussion with a medical assistant and/or pharmacist. This takes much longer than just the call or email for proper medical decision making and treatment. As such, a very limited email or phone call for follow-up/medication change/urgent issue/sick visit (ie. for immediate needs only and under 15 minutes) costs \$90 - \$125 with aNu advanced medical providers.

TELEMEDICINE

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

LAB TESTS

We have a private phlebotomist (only by appointment) at our office to draw your blood when needed. We will schedule and coordinate your initial lab draw. Subsequent lab draws will be scheduled at follow-up visits.

Please arrive fasting but well hydrated for your scheduled lab appointment. Drink a lot of water the day before and the morning of your lab draw appointment. Please know which lab option you prefer at the time of your initial appointment (in-house or outside lab). We will draw blood at our office unless your insurance requires you to use a specific lab. Please be fasting for ALL lab appointments we schedule. If you take thyroid medication or any hormones please do not take it the morning of your lab draw

appointment.

- As previously stated, we do not accept insurance. It is up to you as the patient to know where your insurance company expects you to go in order for your insurance to pay the maximum reimbursement.
- We provide a private phlebotomist for your labs (which we personally pay for at no cost to you). We do offer an extremely reduced contracted cash price with labs. There will never be an associated insurance bill or further out of pocket cost for these labs. This is what we recommend so your labs are done correctly and you do not incur unexpected lab fees.
 - Example: Our option with a private lab for the cash pay comprehensive initial patient lab panel is \$300-750. LabCorp will bill insurance about \$4000-\$6000 for the same panels. We have no way of knowing what your insurance will pay and how much will be patient responsibility.
- For follow-up appointments/labs, another option is to take your physician or advanced provider's lab order to Quest, LabCorp or lab draw facility of choice per your insurance. They can draw your labs and send the results to us. In the past, we have had issues with outside labs using the incorrect tubes, drawing 15-20 tubes, losing specimens and not performing the labs we request. This causes significant delays in lab review, follow ups and refills. Also, please be aware that even if your insurance 'prefers' a lab, that does not mean the tests will be covered. If you wish to pursue outside labs i.e. Quest or LabCorp, we can email or fax them a lab requisition or you can pick it up in the office. These lab tests will need to be done **at least 2 weeks before your scheduled follow up wellness consult** so we receive the results prior to your appointment. Again, please understand that if you use an outside lab, we will be unable to tell you what your cost or coverage will be with the specific facility. It could be much higher, depending on your coverage, copay and deductible.
- In order to obtain the most detailed information to assist the provider in diagnosing your condition, they will only order what is necessary to provide the essential information to assist you on your wellness path. There are some specialty lab tests that involve stool, urine or saliva samples and are done by you in your home. They are not covered by insurance and are only cash pay. These include lab tests for mold, toxins, heavy metals, Lyme, ADHD, Autism, Food Sensitivities, Gut Microbiome and GI Infections. There is a cost associated with these tests that will be your responsibility to pay directly to aNu Aesthetics and Optimal Wellness. We are able to contract reduced pricing with the labs by having them bill us direct rather than patients. Your wellness provider will discuss recommended testing with you. These tests are ordered for diagnostic purposes and full payment is due at the time of collection at aNu.
- We DO accept HSA/FSA cards as well as Care Credit, so labs and appointments can be performed and paid at no interest for 6 months. Please see the lab fees below for some examples of fees, which may vary. These are the most common diagnostic tests that could be ordered, but please ask us if you have any questions or concerns.

Access - Blood Draw in office		Discounted Cash Price
First Appt Lab Panel - over 30 tests		\$709

Follow Up Lab Panel		\$269
Great Plains Labs - home kits		
OAT	Urine	\$299
GPL-TOX	Urine	\$199
MYCOTOX	Urine	\$299
ENVIROTOX - OAT, MYCOTOX and GPL TOX	Urine	\$799
Genova - home kits		
GI Stool Effects	Stool	\$429
ZRT - home kits		
C x 4	Saliva	\$109
2 saliva hormones	Saliva	\$79
3 saliva hormones	Saliva	\$109
4 saliva hormones	Saliva	\$139
Vibrant America - blood draw in office		
4 zoomer + Food sens or neural zoomer		\$449

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 which have been extensively studied and provide guaranteed ingredients (rather than OTC fillers).

Supplements may be purchased in our office or mailed directly to you for a flat shipping fee of \$7.95. Please send office orders to info@anuaesthetics.com and allow up to 72 hours for processing. You may also order online at www.anuaesthetics.com/shop

RETURNS/REFUNDS

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

OFFICE POLICIES

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 \$750/\$350 (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 cards and Care Credit.

CANCELLATION AND RESCHEDULING OF APPOINTMENTS

There is a 48 hour cancellation and rescheduling policy for wellness appointments due to the extended length of these 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 or reschedule your appointment by calling the office at 816-359-3310.

LATE ARRIVAL APPOINTMENTS

We are committed to being on time with patient appointments. If you arrive late to the office for your consultation, 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/Tuesday/Wednesday/Friday, 9 am to 5 pm CST and 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 call or email your order to us 24 hours prior to your visit to reduce your wait at the front desk. We may be reached at 816.359.3310 or info@anuaesthetics.com

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 or taken by the front desk are sent to the Nurse/MA and will be responded to within 24 BUSINESS hours.

Refills take up to 72 hours as they must be discussed with the provider for approval.

To reach the office, please call (816) 359-3310. When leaving a message, please include the following

information:

✓ Full name (please spell your last name), ✓ date of birth, ✓ Reason for call and ✓ 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.

As above, we ask that you give us at LEAST 72 hours notice as your provider must have time to review your notes/chart/labs and see if refills are appropriate, need changed, or appt is due, etc.

EMAIL

If you have lab kit questions, nurse questions or wellness questions, you may submit them via email to wellness@anuaesthetics.com.

If you have a medical question for Dr. Watkins or one of our other providers, please submit your question via email to wellness@anuaesthetics.com. Messages will be triaged by our wellness nurse and delegated as appropriate. Please note that it can take your medical provider up to 3 business days to respond (and longer if out of office unless an emergency). Please also note, there may be a \$50 - \$150 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 over 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 attended a lengthy Functional, Metabolic and Nutritional Medicine Certification and Fellowship program 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. She 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.

CiCi He, APRN is a board certified Family Nurse Practitioner with over 6 years of experience including Dermatology, Urgent Care, Family Practice, Direct Primary Care and Functional Medicine. She continues to learn the most advanced and cutting-edge techniques as she strives to provide the safest and most effective treatments for her patients and is also attending the Functional, Metabolic and Nutritional Medicine Certification program from George Washington University School of Medicine and The

American Academy of Anti-Aging Medicine. She works with patients to create a more personalized holistic plan that embraces natural approaches to reaching their wellness goals.

Joseph O'Connor, PA-C is a native of Kansas City, Kansas and spent his early adulthood working as a firefighter/ paramedic with KCKFD and is now a certified Physician Assistant. Focused on whole self care, he too is currently pursuing his Fellowship in Anti-aging and Functional Medicine. He is well trained in BHRT and has a love for all things Aesthetic. He hopes to help patients enhance every aspect of their life and through shared decision making, choose the best plan of care available. His emphasis on healthy aging provides patients the opportunity to remain functional at an optimal level and to continue living a life full of vitality and inspiration. He believes the “look good, feel good” mantra provides patients the mindset to conquer any obstacle.

What is this style of medicine?

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

They will provide you with the knowledge and teach you the skills you need to effectively live and practice an 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. We 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 often, 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 we will closely monitor your progress and adjust your therapies as needed. We cannot promise you a specific level of result at your initial visit.

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 45-120 minutes with their patients at every visit 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 attends 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. They typically last 5-15 minutes. The medical provider contracts with the insurance company 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 Wellness does not accept any insurance. Insurance does not typically cover this type of medicine or prolonged 45-120 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.

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+ cash 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.

RETURN THIS PAGE

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 _____ Date of Birth _____

Preferred Pharmacy _____

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. Claims CANNOT be submitted to Medicare 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: _____

RETURN THIS PAGE

RETURN THIS PAGE

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 (Printed): _____

Signature: _____

Date: _____

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