



CONSULTATION INFO 2020⁽²⁾ (LOCAL FACE-TO-FACE)

This may seem like a lot of information to read through, but I need you to be well informed as to the process of consulting with a Naturopath who works using an Integrative & Functional Medicine approach.

The first consult takes about 1,5 - 2 hours (per person), and generally includes:

- A comprehensive medical history
- Signs & symptoms check and evaluation (HPQ or MSQ)
- Review of any tests and/or referral info
- Brief initial assessment of your nutrition/dietary intake
- Clinical examination(s) and in-house tests (as needed)
- Formulation of an initial plan of action / tests to do / treatments / supplements / referrals etc.

*I will email you 2 questionnaires to fill in before I see you!
MEDICAL HISTORY + SYMPTOMS
(HPQ or MSQ)*

*** NB PLEASE BRING WITH YOU:**

- 1) **Any previous test results** - get copies from your doctors / hospitals you been to in the last few years – email directly to me **at least 1 day BEFORE** the consult.
- 2) **ALL medication & supplementation** that you are taking at present or have in your cupboard – bring the lot!
- 3) **2 x Questionnaires** – I will email these or access on my website (PDF editor). Please complete honestly & accurately – either with a PDF editor and email to me **at least 1 day BEFORE** the consult
OR print, complete and bring with you.

STEPS IN THE NATUROPATHIC / FUNCTIONAL / INTEGRATIVE MEDICINE PROCESS:

1. COMPREHENSIVE PERSONAL INFORMATION GATHERING
2. EDUCATING & COMMUNICATION
3. SUPPLEMENTS / NUTRACEUTICALS (selection, dosages, changes over time)
4. OTHER THERAPIES & REFERRALS
5. FOLLOWUP

SUPPLEMENTS, NUTRACEUTICALS, MEDICAL FOODS, NATUROPATHIC REMEDIES:

I usually prescribe herbals/botanicals, vitamin & mineral supplements and/or nutraceuticals, medical foods, tissue salts, Bach flower remedies etc. that may need to be taken for a specific period (ie: as a treatment THERAPY). It is therefore imperative that **you come for follow-up consultations** or book a **virtual consult**, so that we can **adjust your supplementary or remedy programme**, as your health, test results and symptoms change.

The LNNM Centre does stock several products that can be purchased directly after your consult (for your convenience). **You are under no obligation** to purchase any products from the LNNM Centre, but if you choose to, then these are charged for separately on your account (*NOTE* medical aids will generally not cover these).

LOCAL DAYS & TIMES:

- Mon – Fri: 10am – 6pm, Saturdays 11am – 3pm

CONSULTATION FEES:

- **Your first 15 minute INTRODUCTORY TELEPHONIC or ZOOM CONSULTATION is FREE. Thereafter...**
- R450 / 30min, R900 / 1hr, R1350 / 1,5hr, R1800 / 2hrs etc.
- **Followup Communication** - Whatsapp, Telephonic or Email discussions, questions, queries & consultations: < 10min = FREE, **R200** every 15min thereafter

PAYMENT IS REQUIRED ON THE SAME DAY OF YOUR CONSULTATION

BUT – please feel free to ask about discounts for multiple appointments (“package”), a payment plan if you are under financial strain, or if local - a regular product purchase discount of 10% for those who are full-time students or pensioners.

CASH, Internet electronic fund transfer (EFT), PayPal, SNAPSCAN & CREDIT CARD facilities.



MEDICAL AID:

As this is a **CASH PRACTICE**, the consultation and treatment fee **must first be paid by you** (the patient) and **then** claimed from **Medical Aid**. I am registered with the Allied Health Professions Council (Register No# A11715), and with the Board of Healthcare Funders (Practice No# 1010000635014).

It is **your responsibility to check** with your medical aid directly if Naturopathic consultations and treatments are covered by your **savings portion** (as does a dentist or physio etc.). This will be limited to your scheme and type of cover. If your medical aid does cover these costs (or portion), then as soon as you have made your payment for your consult and/or treatment, then contact Mike (the practice administrator) to ask him to email you an electronic invoice, noting your payment and including the various codes needed to submit. Please note that we cannot guarantee that your medical aid will pay! Mike@NaturalMedicineClinic.co.za - 082 457 0807 or 021 531 3589.

BOOKING & CANCELLATION OF APPOINTMENTS:

*** Appointments not cancelled within 24hours, will be charged for: R400**

I apologise for all the financial legalities, but unfortunately some patients have taken advantage in the past, and I now have to resort to stricter payment terms and conditions. After reading this document, and you are in agreement of everything noted, then please email me to confirm your consultation date and time.

At your initial consultation, you will be requested to sign an agreement to all terms and conditions stated in the documents provided to you, as well as the **INFORMED CONSENT** form, which is to be completed ONLINE via my [website](#).

I look forward to working with you.

Kind regards

Dr Adele Pelteret