

I would like to extend a warm welcome to you! I acknowledge the commitment you have made to your health by making this appointment. In return, I commit to doing my best to help you achieve a state of better health and well-being. My intention is to increase your awareness and understanding of your body, mind and spirit and to help you restore your body to a state of health where it will respond to life in the best possible way, with vitality, maintaining balance and harmony.

I would appreciate your careful consideration in answering the questions outlined in the intake form and the context of care documents. By completing these forms with as much information as possible it will improve the accuracy of your assessment and allow us to have a more effective consultation. This reduces the need for extended consultation time and improves the care that I can provide for you.

Please read and complete the material in advance of your appointment. You will have to start your diet survey promptly as this requires a day of careful attention. If there is a question you do not know the answer to, simply leave it blank and we can talk about it in the consultation.

Please read through the Office Policies below for information about the clinic, and an overview of the fee schedule.

Naturopathic Medicine is a distinct health care profession, which emphasizes prevention, treatment and optimal health through the use of natural therapeutic methods and substances that encourage the body's innate self-healing processes to restore health. Naturopathic medicine takes into account the physical, mental, emotional and spiritual factors affecting health. Naturopathic Doctors use a wide range of natural treatment modalities including nutrition, herbal medicine, acupuncture, homeopathic medicine and lifestyle counseling.

Naturopathic doctors are required to complete a 4-year undergraduate university degree, including premedical sciences. This is followed by a 4-year naturopathic medical program at an accredited school in North America. Students have over 4500 hours of classroom training, and complete over 1500 hours of clinical experience under the supervision of licensed naturopathic doctors. In order to practice as an ND, they must pass 2 sets of Naturopathic Physicians Licensing Exams (NPLEX).

I look forward to meeting you and assisting you on your journey to health & wellness.

Dr. Stef Buehner, ND

Office Policies and Procedures

APPOINTMENT RESCHEDULING & CANCELLATION POLICY

Your appointment time is reserved just for you. A late cancellation or missed visit leaves a hole in the practitioner's day that could have been filled by another patient. As such, we require 24 hours' notice for any cancellations or changes to your appointment. Patients who provide less than 24 hours' notice, or miss their appointment, will be charged a cancellation fee (full visit fee). We require a credit card to secure your appointment. The credit card we have securely stored on file is only used for late cancellations, supplement renewals that are done without an appointment, or lab requisitions fees.

REMEDIES & PRESCRIPTIONS

The cost of remedies is not included in the cost of the visit. If you decide to purchase your remedies at our office, payment is due when you receive them. Prescribed remedies may be purchased from our office, a health store, a pharmacy, or a medical supply company of your choice.

To refill remedy prescriptions, you may email (drstefnd@gmail.com) or call (226-534-9686).

FEE SCHEDULE

Initial Naturopathic Visit	(60 min)	\$215
Initial Pediatric Naturopathic Visit (0-12 years old)	(60 min)	\$215
Return Naturopathic Visit	(60 min)	\$200
*Over 60 min - \$50 for every additional 15 min		
Return Naturopathic Visit	(45 min)	\$160
Return Naturopathic Visit	(30 min)	\$110
Return Naturopathic Visit	(15 min)	\$60
Complimentary Meet-&-Greet	(15 min)	\$0
Acupuncture Visit*	(45 min)	\$100
*Initial Naturopathic Visit Required. Acupuncture only visit.		
Return Naturopathic Visit with Acupuncture	(60 min)	\$200

BILLING AND PAYMENT

Payment is due at the time of the visit. Payment may be made with cash, Interac e-Transfer, debit, VISA, or Mastercard. **Our preferred methods of payment are debit, e-transfer, & cash, but credit cards are also graciously accepted.** Direct billing is available for most insurance providers.

INSURANCE COVERAGE

Naturopathic medicine is not currently covered under OHIP. However, most extended healthcare plans cover a portion of naturopathic medical visits, so check with your provider to determine the extent of your coverage. Direct billing is available for most insurance providers. We are currently registered with Telus Health eClaims (Great West-Life/Canada Life, Manulife, Desjardins Insurance, Johnson Inc., Industrial Alliance, Johnston Group, ClaimSecure, etc.), Sun Life eClaims (manual submission only for policy # 055555), Medavie Blue Cross (Blue Cross, RCMP, VAC), providerConnect (Green Shield Canada, etc.), & Co-operators.

****PLEASE NOTE:** We can't always guarantee the Insurance company's approval, please be prepared to pay if your claim does not go through properly. Coverage specifics (ex: how much a year you're covered for, what you're covered for, etc.) must be inquired by the plan member, to the insurance company.