

Brightly Integrative Health Consent Form

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OVERVIEW

Dr. Susan X. Yu practices Traditional Osteopathy, Functional Medicine and Integrative Medicine. In the Functional Medicine (FM) paradigm there is one core system (the Central Nervous System or the Mental, Emotional, Spiritual realms of our lives) around which seven other systems interact to support our optimal functioning and health: Assimilation/Gastrointestinal, Defense/Immune, Energy regulation, Biotransformation/Detoxification, Circulation/Transportation, Communication (hormones, neurotransmitters, etc) and Structural Integrity (musculoskeletal/spinal health at the macro level, and intestinal permeability at the micro level). Thus Dr. Susan Yu's practice explores and addresses all of these factors that contribute to your health and well-being, including gastrointestinal functioning, diet, nutritional deficiencies, hormonal issues, stressors and stress resilience, contribution of toxins to illness, and genetics. Integrative Medicine means that Dr. Yu integrates all types of healing modalities in her treatment recommendations including Traditional Osteopathy, diet, yoga, nutraceuticals, herbs, homeopathics, bioidentical hormones. She may also recommend prescription medications if needed. The Functional Medicine approach can help many if not most patients, however it cannot guarantee any outcome and does not cure everyone. Whether someone improves with the Functional Medicine approach depends on many factors, including how ill they are, how long they have been ill, how able they are to implement recommendations for lifestyle changes, and sometimes how able they are to implement recommendations for labs and specialty referrals as needed. It is very important to note that with the Functional Medicine approach and for the patients who benefit from it, they often can feel better within the first 3-6 months but sometimes it can take a year or longer to feel significantly better.

At your initial appointment with her, Dr. Susan Yu will review your in-depth intake form and ask you to share your health and emotional/social history, starting with your family medical history and mother's pregnancy with you and extending all the way through the present time. Understanding all these factors contributes to your present state of health or illness, she will then be able to give you an initial assessment of which systems are likely imbalanced and what laboratory testing and osteopathic treatment would be helpful to further clarify imbalances. She will also discuss nutritional/dietary/movement approaches to your healing, and make recommendations for basic supplements personalized for your situation as well as lifestyle recommendations for enhancing your mind-body functioning. Usually around 1.5 hours are needed for this initial appointment. You will then follow up with Dr. Yu in approximately 1 week for follow-up osteopathic treatment and/or 2-4 weeks to discuss your initial laboratory results in detail, and create the next phase of your individualized healing plan.

APPOINTMENT FEES

Pricing of office visits for functional medicine and osteopathic manipulative treatment vary based on complexity, treatment and age of the patient. Payment is due at the time of service, and range approximately as follows:

- Initial evaluation and treatment, 60-90 minutes. \$345 to \$590.
- Follow-up osteopathic treatment, 30-45 minutes. \$195 to \$415.
- Telephone follow-up for functional medicine, 10-30 minutes. \$75-150.
- Extended visits to include in-depth record review will be charged at hourly rate of \$300.

INSURANCE AND MEDICARE*

Our office does not have billing staff. For patients with Medicare and as of 10/11/2017, we require your completion and signature of the Opt Out Private Contract Form which states that we do not and you must not bill Medicare for services provided by Dr. Susan Yu. Your signature below indicates you understand this policy. For patients with all other types of insurance you may yourself submit the office visit "SuperBill," a form detailing medical treatments, diagnosis, and fees, to request reimbursement. There is of course no guarantee that any individual insurance carrier will reimburse for Osteopathic/Functional/Integrative Medicine services but we believe it worthwhile to explore this as patients have told us they receive anywhere from 10-75% reimbursement of office visit fees.*

CANCELLATION AND RESCHEDULING OF APPOINTMENTS

Patients who forget their appointments or cancel on short notice will be required to pay for the **full** missed visit. ***We require at least 24 hours notice of cancellation*** (cancellation of appointments should be done on business days only and not during the weekends). We may provide phone reminder notices as a courtesy, but if this does not occur, you are responsible for the appointment. Please understand that we allow 30 to 90 minutes for each visit and a missed appointment could have gone to a patient on the waiting list.

MEDICAL RECORDS FROM OTHER DOCTORS/CLINICS/HOSPITALS

We require that you take the responsibility to obtain previous medical records from other physicians or health care providers that you wish Dr. Susan Yu and her team to review. If you feel your medical records are pertinent to your appointment, please contact your physician or other health care providers to obtain these records. We are particularly interested in having copies of any lab and imaging results you have from the previous year.

Your paper medical records will be uploaded to your CharmEHR e-record with BRIGHTLY. Alternatively if you are able to upload your records yourself to your CharmEHR portal, in the "Lab Records" section, you may do so.

If you need for us to fax or send your medical records from our office to another provider we will be happy to do so for a \$25 flat fee. Please allow up to 5 business days for our Office Manager to process this request.

COMMUNICATIONS

If you have a medical or mental health emergency, please call 911 or go directly to the nearest Emergency Room. For urgent issues, you may also contact your primary care physician or go to the nearest Urgent Care. Our office hours are by appointment and availability will vary. We attempt to provide emergency care when possible but our office **is not** designed to handle urgent care in general. Our Office Manager aims to reply to phone messages within 2 business days.

Regarding medication refills, please be sure to allow sufficient advance notice of any medications needing refill. It is best to alert Dr. Susan Yu via the CharmEHR portal email or phone call 5 business days before you anticipate needing the refill.

Regarding labs, Dr. Yu will explain what labs they would like to order and why. It is the patient's responsibility to contact their insurance to determine if and to what extent labs ordered by us (not being your primary care practitioner) are covered and then letting us know if you do not wish to pursue certain lab recommendations we make. Your lab records will be updated for you on CharmEHR. Reviewing lab results with Dr. Yu and then making treatment recommendations are then reserved for in person or phone visits. Therefore we urge patients to not delay their follow up appointment day. Please inform Dr. Yu if you have a particular need to review your lab results before your follow up appointment. If you desire or need, you may contact our Office Manager to set up a short phone visit/consultation with Dr. Yu to briefly review the results before your next scheduled follow up appointment.

Please note that Dr. Yu cannot practice the best medicine by brief email exchanges. Piecemeal answers are not an appropriate way to practice Functional and Integrative Medicine. Thus if you have questions that require more than a brief email clarification, please schedule an appointment or phone consultation so that your questions can be given full attention and integration with your entire clinical picture. Alternatively please note that you may be charged for longer email replies from Dr. Yu, e.g. those which take more than a few minutes, at the hourly rate prorated.

SUPPLEMENTS

Dr. Susan Yu and her team will give recommendations for supplements with specific names and quantities. You have the option of purchasing these from local reputable vitamin stores such as Co-opportunity, Erewhon, Whole Foods, or a reputable online store such as Emerson Ecologics. Alternatively you may purchase them from our online dispensary via Fullscript through which we offer patients a 15% discount off of Manufacturer Suggested Retail Price. We want to make it clear to our patients that we make nutraceutical and herbal recommendations based on research evidence and experience, not profit considerations, thus you are free to purchase the supplements we recommend where you like.

It is important to keep in mind that while nutraceuticals and herbs are "natural" they are not always well tolerated by everyone. We at BRIGHTLY will strive to inform you of any common adverse effects but if we forget to do so we ask you to inquire. And if you experience any adverse effects please stop the supplement suspected to be the culprit and let us know. Also we urge patients to report the FDA's serious Adverse Event Reporting System. Your signature below indicates your understanding of this and informed consent to treatment with nutraceuticals, herbs, and homeopathics as appropriate to you.

We caution against purchasing supplements from Amazon or other third-party retailers who sell products besides nutritional or herbal supplements. With these we believe there is not always adequate quality control such as the conditions in which the supplements are stored and transported.

SMOKING/FRAGRANCES

Please do not wear any fragrances to your appointment or smoke before your appointment. Dr. Yu and her team have patients with fragrance and chemical sensitivities. You may be asked to leave if there is a strong noticeable presence of fragrance or smoke odor. This includes perfumes, colognes, scented body lotion, deodorant, shampoo and soaps. Thank you for your consideration.

NOCTICE OF INFORMATION PRACTICES AND PRIVACY STATEMENT

We as a team share the Charm EHR and are able to access the notes of all providers you see at BRIGHTLY; this allows us to be most effective and efficient at coordinating your care. We will not disclose or discuss your case by name with any other outside provider or individual without your permission. Our clinical and administrative staff may review your medical records and lab reports, but all records will be kept confidential and will not be released without your written consent. Your signature at the bottom of this form indicates your consent to sharing of your medical records amongst all BRIGHTLY providers whom you see.

FREQUENTLY ASKED QUESTIONS

For more information on our practice’s policies and procedures such as billing and insurance questions, payment options, appointment reminders, prior authorizations, lab testing, obtaining copies of your medical record, or questions on accessing CharmEHR portal please refer to our FAQ section on our website at <http://brightlyintegrative.com>.

We are honored that you have chosen us to assist you in achieving your health goals and we look forward to working with you.

Sincerely,
Susan X. Yu, D.O. and Staff

INFORMED CONSENT AGREEMENT

I hereby request and consent to assessment and treatment recommendations from the Brightly Integrative Health team which may include some if not all: Traditional osteopathic manipulation, nutritional/dietary guidance, herbal & nutritional supplements, homeopathic supplements, bioidentical hormone replacement, kinesiotaping, trigger point/prolotherapy injections, therapeutic exercise, yoga, and pharmaceutical drugs, to be provided by Dr. Susan X. Yu, D.O. , an Osteopathic Functional Medicine Physician.

I have read, or have had read to me, the above consent. I have had or will take the opportunity to ask questions about its content, and by signing below I agree to the above-named procedures. I intend this consent form to cover the entire course of treatment for my present condition, and for any future condition(s) for which I seek treatment with the practitioners at Brightly Integrative Health, Inc..

I hereby authorize Dr. Susan X. Yu to treat, diagnose, and prescribe to my child.

_____/_____
PATIENT/PARENT SIGNATURE /PRINTED NAME DATE