

## Welcome to the Lexington Natural Health Center!

Dr. Belanger is looking forward to meeting you at your first appointment and will work hard to help you.

Please read the following information to gain a better understanding of what your appointments will be like. Once you have read the below information, please sign and return the signed copy to us. Your signature does NOT commit you to follow up visits; it is for the sole purpose of acknowledging that you have read this letter. In addition to signing this letter, please complete and sign the attached medical history and consent forms prior to your appointment.

### FIRST APPOINTMENT

During your first visit, Dr. Belanger will take a full history and may do a brief physical exam. He may also recommend laboratory testing from various labs to determine the underlying causes of your health condition. At your first visit he may suggest that you take certain nutritional supplements and make certain changes to your diet.

### SECOND APPOINTMENT

Approximately two to four weeks after your first appointment, you will be scheduled for a second appointment to discuss the results of any laboratory testing and/or to follow up on your diet/nutritional supplement regimen. Dr. Belanger may recommend some additional nutritional supplements to help correct any abnormalities seen in your laboratory tests. He will then answer any questions you may have on diet.

### ADDITIONAL APPOINTMENTS

After your second appointment, the frequency of your follow-up appointments will depend on your condition and response to therapy. Generally, Dr. Belanger may suggest that you repeat some of the lab tests to confirm that the treatment regimen is helping. When the results of these tests are back, Dr. Belanger may make some changes to your supplement list if the labs are not more favorable.

### OFFICE VISIT OR TELEPHONE CONSULT RATES

First office visits & telephone consults with Dr. Belanger cost \$260. If the visit runs over one hour, \$65 will be added for each additional 15 minutes. **For telephone consults, an additional 15 minutes may be added to account for time spent typing and e-mailing the treatment plan.**

Second visits and additional visits cost \$130. If these visit run over 30 minutes, \$65 will be added for each additional 15 minutes.

If you are a current member of Blue Cross Blue Shield of Massachusetts, 10% will be deducted from your office visit charges. If you are 65 years old or older or a full-time college student and do NOT have Blue Cross Blue Shield of Massachusetts, 10% will be deducted from your office visit charges.

Dr. Belanger also charges \$45 to draw blood at his office. Shipping blood to laboratories often costs between \$25 and \$220 depending if it's going overseas or staying in the U.S.

A 48 hour cancellation notice is required or a cancellation fee will be charged to your account

Patient signature\_\_\_\_\_

## EMAILS

Email responses to patient from the doctor that require extensive research or time will be charged at the rate of \$65 per 15 minutes

## NUTRITIONAL SUPPLEMENT COSTS

Costs for nutritional supplements are separate from office visit costs. Dr. Belanger often uses laboratory tests to help determine which nutritional supplements you will need. Costs are hard to predict and can vary from month to month and person to person. If there are multiple laboratory test abnormalities one may need more supplements than someone with a few imbalances. We at the Lexington Natural Health Center offer competitive prices on our nutritional supplements.

**RETURN POLICY: Unopened items only. Absolutely 30 days maximum on return.** All returns are subject to a 10% restocking fee. Special formulas and refrigerated items are nonrefundable. **I understand that the payment provided for consults with LNHC is nonrefundable.**

Patient Signature\_\_\_\_\_

## LABORATORY TESTING

Dr. Belanger primarily uses Labcorp, Genova diagnostics, Immunolabs, Diagnos-Techs and Sanesco labs as his laboratories of choice. These labs offer a variety of tests that many conventional labs do not provide.

Labcorp often bills insurance companies, but we cannot guarantee that the labs will be covered. To help insure that they are covered, it is your responsibility to check with your insurance company before doing the lab test. If your insurance won't pay for the lab tests, Dr. Belanger will let you know which tests are most important and their costs. The other labs listed above do not bill insurance so you have to prepay for the tests and you can try to submit the receipt to your insurance company for reimbursement.

## PAYMENT OPTIONS

Payment for the office visit is required at the time of the visit. Cash, checks and major credit cards are accepted forms of payment.

We hope that having this information prior to your visit is helpful. If you have any questions or need additional information, please call our office at (781) 274-6190, and we will be glad to help.

Remember, you have an incredible healing ability deep within your body! If you replenish your body with the help of naturopathic medicines, it can do amazing things!

Patient Signature \_\_\_\_\_ Date\_\_\_\_\_