



Hello and Welcome to Grossman Wellness Center!

Thank you for choosing our center to help with your health and wellness goals. If you have scheduled an appointment with a provider at our center, please help us prepare by returning the completed paperwork to us prior to your visit.

You have taken an important step toward your goal. We understand that this process will involve some challenging lifestyle changes, and we are here to work together as partners with you to help you reach your optimum health.

Many of our patients have previously consulted with numerous other health practitioners prior to visiting our center. Your decision to partner with us in a quest to improve your health, will result in identifying the cause(s) of your illness, and eliminate the use of “Band Aid” treatments for your symptoms. Below are some common questions/concerns from our new patients.

What Should I Do Prior To My Visit?

In this packet, you have received a health questionnaire. Please take the necessary time to answer the questions with as much detail as possible. **Please try to assemble any of your medical information that may be helpful (tests, consultations with other physicians, list of current medications and supplements).** If you have had tests, lab studies, surgeries, consultations and don't have the records, please ask the appropriate physicians and/or hospitals to give them to you. Otherwise, use the enclosed medical records request form to have them sent directly to us, in time for your appointment. Send in or bring with you the completed questionnaire and your additional information with you to your first visit.

What If I Am On Any Medications or Supplements?

Please do not change your current regimen until we have an opportunity to review your complete history. If you should make changes to your medications or supplements, please let our staff know. Most of our patients are able to eventually stop or reduce many of the medications that other doctors have put them on after they have been on our program for a while. This is only done with the approval of the prescribing doctor. At your initial appointment, you may receive nutritional supplement recommendations. We carry an extensive line of what we feel are the finest supplements available anywhere. These are competitively priced and specifically designed to complement the other lifestyle recommendations of our program, or you are welcome to buy your supplements from anywhere you choose.



What Happens At My First Appointment?

We will thoroughly review your medical history, ask many questions, and review your previous medical records, if you have provided them. After reviewing all information, we will make recommendations for an individualized program of baseline testing as indicated to evaluate your current health status. On your first appointment we may also suggest tests to be performed at a local lab, including the glucose challenge for carbohydrate metabolism (diabetes), hormone evaluations, arterial stiffness screening (Cardiovision), exercise treadmill testing, mineral and heavy metal analysis or others.

I Just Had Blood Work Done; Can I Use It For My Visit?

We do like to review any recent blood work (usually within the six months) which you may have had done. Additionally, we use one of the top reference labs in the country to test our blood samples. Our panels will tell you your risk for heart disease, diabetes, the need to increase or decrease protein, cholesterol levels, kidney and liver function, pH, anemia, and thyroid function. If the lab work you had done is equivalent to what we need for our panels, we will be happy to use these results.

How Long Will It Take Before I Feel Better?

In most cases, we have found that patients report positive changes within a few weeks. Some people notice the difference in only a few days. However, it can take bit longer, especially if there is significant psychological trauma involved or if you are slow in adopting the lifestyle changes we recommend.

What Will Be The Cost For My First Visit?

An initial comprehensive consultation is \$350, intermediate consultation is \$199,(these fees do not include any lab work, testing or supplements that may be recommended during your visit). An initial consultation may be made for an in person visit, telephone consult, or via video conference. Initial visit level is determined by the scope of the consultation.



What Will Be the Cost for Follow-up Appointments and Established Patient Exams?

Established patient consultation/examination and follow up fees are \$165. In some cases a limited scope follow up visit will be ordered by your provider, in this case the fee is \$90.

A follow up appointment is appropriate for revisiting of a current medical treatment plan. If you should have a new medical problem or more than one medical problem to discuss, we will schedule you for an established patient consultation/exam. Please contact our office if you have any further questions about service fees not reviewed here.

Sometimes appointments that do not require an examination may be completed by phone or web cam if you wish.

Will My Insurance Cover The Visit?

Most insurance companies do not cover our services or the alternative therapies which we offer to our patients as they are not always FDA approved. Grossman Wellness Center does not have contracts with insurance companies or Medicare, and does not bill insurance. You will receive a copy of the "super-bill" which some patients use to try to get reimbursed from their insurance carriers. We cannot guarantee any reimbursements as this is determined by your insurance coverage plan.

Do You See Patients From Out of State?

About 25% of our patients are from out of town and we have had patients fly to see us from places as far away as Bangladesh, Japan, Europe, and New Zealand. In these cases, we try to do most of the follow-up via telephone and Internet, but personal visits are generally preferred, and in some cases may be required, for the initial consultation.

What If I Want To Send A Friend or Family Member to See You?

Many of our new patients are referred by our current patients. Referrals are appreciated and monitored. Please use one of our staff cards to hand out to your friends and family. Special offers are available to high volume referral sources. We would be delighted and deeply honored to work with your loved ones.



What Happens If I Need To Cancel My Appointment?

Please call as soon as you know that you need to cancel, but no later than 48 hours prior to your appointment time. Voice mail messages are acceptable. Alternative medicine is very thorough personalized care, and therefore we do not “double book” appointments. Therefore, it is our policy to charge 50% of our customary for appointments not cancelled prior to 48 hours in advance. A no show fee may reflect the full amount of the scheduled visit. Procedures and other specialized appointments will carry the full fee if not cancelled with 48 hours’ notice.

On behalf of the members of the Grossman Wellness Center Medical team, I sincerely welcome you and we look forward to helping you regain or maintain optimal health for many years to come.

Sincerely,

Deborah K. Johnson, COO/CFO
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