



BLUEGRASS
FUNCTIONAL
MEDICINE

NEW PATIENT WELCOME PACKET

841 Corporate Drive, Suite 204 | Lexington, KY 40503

phone | 859-300-3007 www.bluegrassfxmed.com

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WELCOME TO BLUEGRASS FUNCTIONAL MEDICINE

Thank you for your interest in Bluegrass Functional Medicine. I welcome the opportunity to become your partner in improving your health. At Bluegrass Functional Medicine, I serve individuals who are committed to taking charge of their health. I will act as your medical consultant and health educator in order to empower you in your quest for optimal health. Through a thorough medical assessment and analysis of your current health, individual goals, and lifestyle, I will help you create personalized health strategies and habits to last a lifetime.

Functional medicine differs from traditional medicine in that it is a model of individualized, patient-centered care that empowers patients and practitioners to work together to address and treat the root cause of disease, not just treat isolated symptoms. Functional medicine focuses on why the disease is occurring in the first place and creates a plan of treatment for your specific needs. If you come to my office with high blood pressure or fatigue, for example, rather than simply giving you a medication to treat the problem, I will work with you to determine the root cause of this problem and together, we will seek to identify and correct it so that you can achieve your health goals and live a life full of energy and vitality.

To determine the root cause of your health concerns and formulate an effective plan, I start with extensive health questionnaires. While the questionnaires may ask questions that initially seem irrelevant to you, they provide me (and ultimately you) with very good insight into any potential imbalances that may need to be addressed. I also utilize nutritional analysis, conventional blood work, and various innovative screening tests such as digestive profiles and hormone analysis to develop a highly targeted program that will help you reach your health goals.

To bring balance and vitality, I will use various modalities including whole foods (your first and best medicine), exercise, supplements, lifestyle changes, and stress reduction techniques. All are powerful modulators of your health and work in concert with each other to bring your body back into balance. It is my aim to educate and empower you so you can make better decisions when it comes to your health and well-being.

I look forward to working with you to help you achieve optimal health. If you have any questions after reading this Welcome Packet, please call my office at (859) 300-3007.

Sincerely,

Robin Meek, MD

DOCTOR & PATIENT AGREEMENT

As doctor and patient, you and I are entering into a collaborative partnership. I will support you, guide you, and offer you tools to support your healing process. Because we will be partners, I feel it is important to clarify and agree upon what our relationship will entail, what you can expect of me, and what I expect of you.

YOU CAN HEAL

When we first meet, I will take the time to learn your health story and personal journey by using a tool called The Living Matrix Timeline. This timeline enables us to easily document the unfolding phenomena that led to ill health – a process that often occurs over many years, perhaps even a lifetime. It provides us with a big picture, so we can take the necessary steps to build back your health and get the best outcomes possible.

I will support you in every way I can throughout this process by educating you, giving you choices, answering your questions, making recommendations, and coaching you through the process of changing your health habits. This process is not always easy. Reversing a lifetime of dis-ease takes time and patience and commitment. If you, the patient, are willing and ready for change, I will be here to support and guide you. If you are less willing to change, your results will be far less dramatic. So come ready for health and vitality!

I TRUST YOUR GUT INSTINCT

I will call upon my knowledge, experience, and resources to offer you recommendations for preventative care, diagnostic workups, and treatment plans, but I will also listen carefully to your gut instinct about your current issue. I will explain why I make the recommendations I do, but I will always respect your autonomy without judgment. If you choose not to follow my advice, we will negotiate another plan that resonates with you. If I am unable to provide the care you need or desire, I will release you to find another provider without taking it personally. Ultimately, the choices for how we proceed together will always be yours, whether I agree with the plan or not.

I will not take it personally if you question me. I promise to respect you, guide you, and help lead you to better health. In exchange, I ask that you follow through on any treatment plan we agree upon. If our treatment plan does not resonate with you, please tell me, so we can modify our plan. Follow-through is key. We must walk this path together in order to provide you the best possible results.

I BELIEVE YOU CAN HEAL

I believe in your capacity to heal from any illness, trauma, or loss, even if other doctors have deemed you a mystery. I believe the human body is capable of healing, and that we serve a God who can do more than we could ever ask or imagine. As such, I will never view you as hopeless or broken. There is always hope.

LET'S BE HONEST WITH ONE ANOTHER

We have to be open and tell the truth, even if it is painful or uncomfortable. I will promise you confidentiality, and you must promise to tell me anything I need to know in order to provide you the best medical care possible. We must trust that we are safe together, so we can explore things that may be tough to explore. We must be open to the kindness and compassion that is a necessary part of any healing relationship. And if at any point, one of us cannot meet the other's needs, we are free to dissolve this relationship at any time with kindness and compassion.

TREATMENT PLAN OVERVIEW

Many patients ask how long it will take to solve their health problems. While I would love to give a definitive answer to that question, it really depends on several factors, including the complexity of your condition, how long you've been struggling with it, how much time, energy, and attention you're willing to devote to treatment, and how well you respond to your treatment plan.

What I can say for certain is that habits, patterns, and chronic health conditions don't develop overnight and you shouldn't expect them to turn around overnight either. Stubborn or complex health issues typically aren't resolved in a day, a week, or even a month. They take time, which is why I offer one basic package plan (see below) and ask you to commit to working with me for at least the next 6 months.

The good news is that most patients will start seeing some improvement in the first month. Even better, the improvement typically snowballs each month thereafter. Again, it's all about how strongly you're committed to making changes and how closely you follow the treatment plan. Your mileage may vary, but you'll have the best chance of success when you commit for at least six months and decide to give it your all.

In order to figure out what underlying issues are causing (or exacerbating) your symptoms, we've got some investigating and measuring to do—because the answers usually aren't obvious.

We can't transform what we don't measure, so we measure everything. Levels of health parameters you're already familiar with, like cholesterol and blood pressure, as well as cutting-edge functional health markers you probably don't know exist.

Here are some of the things you can expect in our work together:

- **We'll test, we won't guess.** We start with a full medical evaluation to uncover any potential impediments to optimal health, such as food sensitivities, vitamin and nutrient deficiencies, hormone imbalances and digestive disorders. We'll test your cholesterol and all the usual suspects as well.
- **We'll begin to make changes.** This is not a jolt of motivation that goes away a week later. We're not talking about those resolutions that you'll make and never keep. This is totally doable. You'll make small changes at first. One at a time. Then bigger changes, when you're ready. And when our time together is through, you'll have completely changed the way you think, the way you eat, the way you move—because all those little daily choices snowball into BIG results.
- **We'll focus on natural, non-invasive treatments.** While I'll use prescription medications when indicated, I'll primarily use natural modalities including whole-foods-based nutrition (your first and best medicine), supplements, effective exercise, lifestyle modification, and stress reduction techniques. All are key components of your overall health and work in concert with each other to bring your body back into balance.
- **We won't count calories.** I will give you specific dietary recommendations, but I won't make you count calories. The proportion and quality of the calories you eat are much more important than exact quantities. I'll teach you how to make good choices and stick to reasonable portions, but your life won't be ruled by the calculator.
- **We'll carefully track your progress** with everything from symptom questionnaires to body composition (body fat) measurements to repeat blood tests. We'll uncover the blueprint of what your body needs (because we're all unique).
- **You'll be an ally and partner in the process.** I'll share my knowledge with you as well as help you brainstorm to find your own solutions. Ultimately, you are responsible for your long-term health. You'll need to be an active participant in the transformation of your health to ensure that your results stick for the long haul.

- **You'll have a blueprint to return to as often as needed.** Most of my patients feel so much better as time goes on that they stick with their new habits forever. But there are others who forget how poorly they used to feel and start making some less-than-desirable choices—which throws their bodies out of balance. That's why you'll get a blueprint that you can return to again and again, whenever you need to get “back on the wagon.” With the blueprint in hand, you'll know exactly what you need to do to get back into balance and start feeling great again.

Plan Foundation: Comprehensive Initial Medical Evaluation (2.5 hours)

During your first visit to Bluegrass Functional Medicine, we will engage in a detailed conversation about your “health story” starting from childhood up to the current state of your health. We will discuss potential approaches to improve your health and I will recommend laboratory testing to identify the underlying causes of your symptoms. The visit is primarily an information gathering and sharing session. I may make some simple recommendations at this time, but most customized advice will be deferred until after lab results are in and there has been time to thoughtfully consider your case.

The initial evaluation will include the following:

- Extensive review of your medical, nutrition and exercise history, eating behaviors, and lifestyle
- Determination of your health and fitness goals
- Complete physical examination
- Body composition (body fat and muscle) measurement
- Lab test recommendations (conventional labs as well as specialized testing options for digestive imbalances, vitamins/nutrients, hormones, etc.)

Based on my assessment of the complexity of your case and your individual goals, I will then recommend a treatment plan.

In order for me to prepare for your initial evaluation, you will be asked to complete several health questionnaires through the Living Matrix software. Once these questionnaires are sent to you via email, we ask that you please fill them out as thoroughly as possible at least 5 days prior to your initial evaluation so that I have adequate time to review them before we meet.

OPTIMAL WELLNESS TREATMENT PACKAGE



Optimal Wellness Package	A Functional Medicine comprehensive evaluation and health care treatment plan to restart your health journey	Discounted at \$1899 (\$2125 Value)
Included	Description	Value
Nutrition and Lifestyle Screening	<ul style="list-style-type: none"> A 15-minute phone consultation with our health coach 	\$25.00
Comprehensive Functional Medicine Assessment	<ul style="list-style-type: none"> Completed through our Living Matrix software online 	
Initial Consultation with Dr. Meek	<ul style="list-style-type: none"> A 90-minute face-to-face meeting with Dr. Meek including a detailed history, complete physical exam, body composition analysis, review of records or prior tests Detailed plan which may include preliminary testing, nutritional and lifestyle recommendations, and supplement or medication recommendations 	\$500.00
Records Review	<ul style="list-style-type: none"> <u>Before</u> and <u>after</u> the initial consult by Dr. Meek Includes a detailed Functional Medicine Medical and Social History by the Living Matrix software Test results from conventional and functional lab testing (Cost of tests is NOT covered) 	\$200.00
Health Coaching	<ul style="list-style-type: none"> Health coaching will provide for you a comprehensive and practical lifestyle plan that aligns with Dr. Meek's recommendations and your health care goals First visit immediately following initial appointment with Dr. Meek including review of diet and lifestyle and change-readiness assessment Lifestyle follow-up and supplement review approximately 1-2 weeks after initial evaluation followed by three more one-hour sessions every 4-6 weeks. (Total of 5, one-hour sessions) 	\$500.00
Case Review Visit With Dr. Meek	<ul style="list-style-type: none"> After initial testing has been completed (requires 6-8 weeks) test results will be reviewed and interpreted A comprehensive plan of therapy will be presented and explained This visit can be done in person or remotely (phone or video telemedicine) and lasts approximately 90 minutes. 	\$500.00
Two 30-minute follow-up appointments with Dr. Meek	<ul style="list-style-type: none"> Approximately 2 months apart If severity of illness requires additional visits, these will be scheduled and billed accordingly. 	\$400.00
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Additional Health Coaching	<ul style="list-style-type: none">• Additional sessions can be purchased as a discounted package of 6 visits for \$400 for those wanting intensive coaching.• Mindfulness and other stress management strategies as well as physical activity can be further explored	
Communication and Coordination	<ul style="list-style-type: none">• Between the initial consultation/evaluation and the last follow-up visit, communication to clarify instructions, plan testing and follow-ups are at no additional charge as long as the follow-up visits are addressing the same concerns as the initial visit.• New health concerns or extended communications will require additional charges for phone or office visit. This will be at \$150/25 minutes with Dr. Meek or \$50/25 minutes with our nurse and health coach.	

ADDITIONAL BGFM PACKAGES



CHILD/TEEN OPTIMAL WELLNESS PACKAGE - \$899 (plus costs of functional medicine tests)

This package is intended for older children/teens with chronic health concerns who are looking for a different approach than conventional medicine.

INCLUDES:

- Comprehensive functional medicine assessment through our state of the art software
- Four visits with Dr. Meek. The initial 60-minute consultation with Dr. Meek includes a detailed history, physical exam, and review of records or prior tests.
- After initial testing has been completed, the patient will meet with Dr. Meek for another 60-minute visit in order to go over lab results and hear recommendations.
- Dr. Meek will meet with patients two more times for shorter appointments once therapy has begun.

The cost of functional medicine tests are not included in this package pricing. Test costs vary and will be an additional cost. Additional charges may apply for children with especially complicated cases who require more extensive care. Health coaching sessions with our certified health coach and RN, Robin Beard, are available for purchase should the parent or Dr. Meek think it necessary. Some tests can be billed to insurance for partial payment.

ADULT PERFORMANCE PACKAGE – \$999 (plus \$400-\$800 for required functional med tests)

INCLUDES:

- 2 visits with Dr. Meek plus required functional medicine testing costs of approximately \$400-\$800 or less depending on insurance reimbursement
- GI Effects and NutrEval testing necessary with this package

This package is for anyone seeking optimal health and wellness including mental and physical performance. This is a health tune up for your body and your brain! This package includes a complete functional medicine evaluation, physical exam, laboratory review based on a complete microbiome and nutritional analysis, and recommendations for lifestyle and nutritional supplementation. Some tests, such as the NutrEval, can be billed to insurance for partial payment.

TEEN PERFORMANCE PACKAGE – \$699 (plus approx. \$400 for required functional med tests)

INCLUDES:

- 2 visits with Dr. Meek plus required functional medicine testing costs of approximately \$400 or less depending on insurance reimbursement
- NutrEval testing necessary with this package

This package is for anyone seeking optimal health and wellness including mental and physical performance. This is a health tune up for your body and your brain! This package includes a complete functional medicine evaluation, physical exam, laboratory review based on a complete nutritional analysis, and recommendations for lifestyle and nutritional supplementation. Some tests, such as the NutrEval, can be billed to insurance for partial payment.

You can read more about the value of the NutrEval test here: <https://www.gdx.net/product/nutreval-nutritional-test-plasma>

FOOD SENSITIVITY EVALUATION – \$150 (plus \$174 for test)

- Package cost is \$150
- Food Evaluation testing is an additional \$174

INCLUDES:

- Blood Draw in office
- Functional Medicine MSQ screening
- 30-minute lab review with Dr. Meek
- Recommendations from Dr. Meek based on lab results
- 10% discount for anyone who goes on to buy an Optimal Wellness Package

OPTIONAL SERVICES

<u>OPTIONAL SINGLE SERVICES</u>	<u>DESCRIPTION</u>	<u>COST</u>
Initial Comprehensive Functional Medicine Assessment	<ul style="list-style-type: none"> Completed through our Living Matrix software online A 90-minute face-to-face meeting with Dr. Meek including a detailed history, complete physical exam, body composition analysis, and review of records or prior tests Detailed plan which may include preliminary testing, nutritional and lifestyle recommendations, and supplement or medication recommendations 	\$499.00
Follow Up Functional Medicine Visit	<ul style="list-style-type: none"> A 60 minute meeting to review your case and lab results, and presentation and discussion of a personal and comprehensive plan of therapy. 	\$299.00

<u>HEALTH COACHING</u>	<u>DESCRIPTION</u>	<u>COST</u>
One Hour Health Coaching	<ul style="list-style-type: none"> Our health coach is a wellness authority and supportive mentor who will help you achieve your health goals through lifestyle and behavior adjustments 	\$75.00
Three Month Health Coaching Program	<ul style="list-style-type: none"> Includes 2 one-hour coaching sessions per month, individualized wellness plans, email support between sessions, handouts, grocery store tour or pantry makeover 	\$400.00
Grocery Store Tour	<ul style="list-style-type: none"> Our health coach will teach you how to be a conscious consumer in a confusing marketplace by showing you how to confidently navigate the grocery store and purchase real health food. 	\$100.00
Pantry Makeover	<ul style="list-style-type: none"> Our health coach will travel to your home and help bring awareness to your current food choices, while making room for healthier alternatives. She will help you understand what foods you should consider stocking in your pantry, fridge, and freezer as a way to support your overall health and wellness. 	\$100.00

PRACTICE POLICIES

It is important to read all of the information below carefully so that I can provide you with the highest level of personalized medical care.

I AM NOT YOUR PRIMARY CARE PHYSICIAN

Please note that I am not your primary care physician and I do not provide primary or acute care services. I will work with you closely as a health consultant, strategist, and coach in preventive, nutritional, and functional medicine to help you address the root causes of your health problems. I will gladly confer with your primary care doctor if necessary. You must have a primary care physician in order to be evaluated.

INSURANCE INFORMATION

I do not accept health insurance or Medicare and I cannot assure you that any of my services (office visits, phone consultations or lab tests) will be reimbursed. At this time, functional medicine and wellness based preventative care are not adequately supported by health insurance providers. For more detailed information regarding my financial policy please see the section titled Explanation of Financial Policy below.

I will not file insurance paperwork on your behalf. However, a detailed statement (superbill) that contains diagnosis and procedure codes will be available upon request. If you have an insurance plan that accepts "out-of-network" providers, you can submit the superbill and you may receive partial reimbursement. The superbill may also be submitted for reimbursement by your health savings account (HSA) or Flexible Spending Account (FSA).

CONSULTATIONS

INITIAL EVALUATION (2.5 HOURS): The initial evaluation is the foundation of my treatment plans. Based on my assessment of the complexity of your case and your individual goals, I will then recommend a course of action.

Prior to this initial evaluation, you will be asked to complete several health questionnaires through Living Matrix. It is important to complete all of the questionnaires emailed to you at least 5 days prior to your appointment. Having these forms 5 days in advance will allow me to fully prepare for our initial meeting and enhance the quality of your care.

RECORDS REVIEW (90 MINUTES): After your initial consult with Dr. Meek, she will spend time reviewing a detailed functional medicine report generated by the Living Matrix software, as well as reviewing lab work or any results from your functional lab testing.

FOLLOW UP CONSULTATIONS (30 MINUTES): Your second visit is generally scheduled a few weeks after your initial evaluation. While I prefer in person office visits, further follow-ups can be scheduled as office visits, phone consultations or Skype consultations.

CANCELLATIONS AND RESCHEDULING

Initial Evaluation: I have a 7-day cancellation and rescheduling policy for initial evaluations. Your appointment must be cancelled or rescheduled 7 days prior to your appointment date.

Follow-Up Consultations: I have a 48 business hours cancellation and rescheduling policy for follow-up consultations. Your appointment must be cancelled or rescheduled at least 48 business hours prior to your appointment date or you will lose credit for that appointment.

Please be aware: Although you may receive reminder phone calls, emails and texts from my office about appointments, these reminders are a courtesy only. It is your responsibility to remember your appointment date and time.

To cancel or reschedule your appointment: Please call my office at 859-300-3007.

LATE ARRIVAL APPOINTMENTS

I am committed to being on time in order to prevent patients from waiting. If you arrive late to the office or call in late for your consult, your appointment will end at the scheduled time and you will be charged for the full length of the scheduled visit.

LAB RESULTS

All lab results will be reviewed with you in detail at the time of your follow-up appointments. If there are any urgent findings I will contact you via phone. Otherwise, I will review your results in detail with you at your next appointment.

PAYMENT OPTIONS

Checks or credit cards (MasterCard, Visa, Discover and American Express) are accepted methods of payment for services. Checks should be made payable to Bluegrass Functional Medicine. Upon registration with our practice, we request a credit card on file that we will use for the monthly payments should you choose a 3 or 6 month payment plan. I also accept payment from Health Savings Accounts (HSA) and Flexible Spending Accounts (FSA).

OFFICE HOURS, PHONE CALLS, and MESSAGES

Our office is currently open Tuesdays and Wednesdays only, from 9 am - 4 pm.

How to reach Bluegrass Functional Medicine:

- **Phone:** (859) 300-3007.
- Phone messages will be answered during business hours on Tuesdays and Wednesdays. When leaving a message, please include your name, time of call, reason for call, best time to be called back, and your phone number.
- If you call after hours, we will return your call on the next office day. If you have a medical emergency, please call 911 or go to your nearest Emergency Department.

EXPLANATION OF MY FINANCIAL POLICY

As a physician who practices functional medicine, I am passionate about what I do. I feel that I have a calling to provide as many people as possible with the highest quality natural health care. Just as my services are unique, my financial policies set my practice apart from mainstream medicine. I have prepared this information to answer questions you or your family members may have about the rationale for my financial policies. If after reading this you still have questions, please feel free to contact my office.

WHY I DO NOT ACCEPT MEDICAL INSURANCE

Many new and prospective patients have asked why I do not bill insurance directly when other medical providers do. I fully understand the financial challenge this presents to some patients, and I wish there was a way for me to bill patients' insurance companies. Unfortunately, at this time, there is not. In the following paragraphs I explain why.

When medical practices bill health insurance companies directly, the doctors are required to become participating providers. The doctors must sign a contract that allows the insurance company to determine which services they will and will not provide and how much they can charge for those services. In general, insurance companies are not focused on preventive or wellness services. They are heavily invested in the conventional model of health care that too often relies on drugs, procedures, and surgeries. As a physician who practices functional medicine, I am firmly committed to prevention, wellness, and natural solutions to health problems.

As a physician who practices functional medicine, I am passionate about what I do. I feel that I have a calling to provide as many people as possible with the highest quality natural health care. Just as my services are unique, my financial policies set my practice apart from mainstream medicine. I have prepared this information to answer questions you or your family members may have about the rationale for my financial policies. If after reading this you still have questions, please feel free to contact my office.

A participating medical practice must agree to accept the fees the insurance company establishes, regardless of whether the fees are reasonable or applicable to that practice. In general, these established fees cover the actual cost of the briefest (and I believe the lowest quality) care. Doctors who are participating providers are required to accept discounted fees for their services, and they cannot bill the patient for the difference between their fee and what the insurance company will pay. Therefore, the practice must write off the difference, often as much as 50% or more of the doctor's fee for service.

At the same time, the participating provider's office overhead costs have to increase dramatically because of the staff, time, and equipment necessary for processing and tracking insurance claims. Most doctors and clinics cope with the requirements of being participating providers by keeping their office visits very brief, so that they can see many patients within a given time frame. Ironically, some of my patients complain about their extremely brief and unsatisfactory office visits at other medical practices, while at the same time expressing frustration that I do not accept insurance. Unfortunately, I have found that I cannot be a participating provider in the insurance networks and provide the time-intensive and well researched care that I do.

Also note that I do not profit from the sale of laboratory testing. Quite simply, my patients pay me for my time, expertise, and the results I help them achieve.

NOTICE OF POSSIBLE MEDICARE DENIAL

Medicare will only pay for services determined to be reasonable and necessary under Section 1862 (a) (1) of Medicare Law. If a particular service is considered not acceptable and unnecessary under Medicare standards, Medicare will deny payment for those excluded services.

MEDICARE NOTICE

Robin Meek, M.D. is NOT a Medicare provider; therefore, your payment is due at the time services are provided. Any claims submitted will have to be sent by the patient; payment reimbursement is not guaranteed and is subject to Medicare eligibility/reimbursement rules and regulations.

PATIENT ACKNOWLEDGEMENT

Robin Meek, M.D., and/or staff have informed me, that he or she believes services provided will likely be denied by Medicare for the reasons stated above.

All Medicare Patients Must Sign this Form:

Do not print out. A copy will be provided at your Initial Evaluation for you to sign.

Signature

Print Name

Date

NUTRITIONAL & HERBAL SUPPLEMENTS INFORMED CONSENT

According to the Federal Food, Drug, and Cosmetic Act, as amended, Section 201(g)(1), the term *drug* is defined as an “article intended for use in the diagnosis, cure, mitigation, treatment, or prevention of disease.” Technically speaking, vitamins, minerals, trace elements, amino acids, herbs, or homeopathic remedies are not classified as drugs. However, these substances can have significant effects on physiology and must be used rationally.

I provide nutritional counseling and make individualized recommendations regarding the use of supplements in order to supply nutrients to support the physiological and biochemical processes of the human body. Although these products may also be suggested with a specific therapeutic purpose in mind, their use is chiefly designed to support given aspects of metabolic function. In other words, they are meant to be supplemental to, but not substitutions for, a healthy diet, exercise, and stress reduction plan. Thus, I am generally on the more conservative side when making supplement recommendations.

The use of nutritional supplements may be safely recommended for patients already using pharmaceutical medications (drugs), but some potentially harmful interactions may occur. **For this reason, it is important for you to keep me and all of your healthcare providers fully informed about all medications and nutritional supplements, herbs, or hormones you may be taking.**

SALE OF NUTRITIONAL SUPPLEMENTS AT BLUEGRASS FUNCTIONAL MEDICINE

Please note that you are under no obligation to purchase nutritional supplements through Bluegrass Functional Medicine.

As a service to my patients, we offer supplements through an online supplement store called Fullscript.

I offer this online resource for my patients for the following important reasons:

- To provide easy, efficient, one-stop online ordering of therapeutic quality, proven nutritional supplements.
- To allow my patients to access products only available through physicians or health care practitioners. These products are generally not found at your local pharmacy or health food store. The products I offer meet higher and independently verified standards of effectiveness, quality and purity.
- To help my patients manage their nutritional needs with an automatic reordering service.

While these supplements may come at a higher financial cost than those found on the shelves of pharmacies or health food stores, the value must also include assurance of their purity, quality, bioavailability (ability to be properly absorbed and utilized by the body), and effectiveness. The chief reason I make these products available is to ensure quality and safety.

The brands of supplements that I carry are those that meet my high standards and tend to produce predictable results. You are not guaranteed the same level of quality when you purchase your supplements from the general marketplace. I am not suggesting that such products have no value; however, given the lack of stringent testing requirements for dietary supplements, product quality varies widely.

Once I have evaluated you, I will make supplement recommendations as needed. They can be filled through my online dispensary, Fullscript.