

Maharishi Integrative Medicine Consultations ***with*** ***Nancy K. Lonsdorf, MD***

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This consultation practice offers natural, holistic therapies for the prevention and treatment of chronic disorders. Evaluation and treatment are provided by Nancy Lonsdorf, M.D., a physician trained in Maharishi Ayurveda, nutrition and other natural approaches, with over 23 years experience with 20,000 patients.

Q and A: About Our Practice

What kind of conditions does your practice address?

We address the prevention and treatment of any chronic condition, meaning any non-urgent, persistent health problem. Common examples are weight loss, high cholesterol, menopausal problems, menstrual difficulties, headaches, skin problems, anxiety, sleep disturbance, digestive problems, chronic pain, arthritis, fatigue, anemia, nutritional deficiencies, premature aging, etc.

If you are not sure whether we treat your condition, please feel free to contact us.

What kind of conditions do you NOT address?

We do not evaluate or treat acute conditions such as injuries, colds, flu, acute kidney stones, gallbladder attacks, urinary tract infections or other acute infections.

For immediate evaluation and help with these conditions, it is recommended that you consult with your primary care physician, or seek immediate treatment at your local urgent care center or hospital emergency room.

What types of therapies will be recommended for my health condition(s)?

Maharishi Integrative Medicine utilizes natural approaches that support the body's own inner intelligence, the basis of all healing. Treatments include dietary,

lifestyle, herbal, purification, stress reduction techniques, nutrition and approaches that directly rebalance and enliven the body's deepest level—the level of the unified field at its source. These technologies utilize subtle sounds or vibrations to restore balance and health.

What kind of help can you provide to support my health?

Your health condition will be evaluated according to the principles of Maharishi Ayurveda and will include an assessment of your current state of balance (according to dosha theory,) the presence of any impurities (ama), your digestive power (agni,) your overall strength and healing ability (ojas), and the contribution of mental, emotional, behavioral, dietary and environmental factors to your health condition.

You will be guided in natural approaches in each of these areas to help you become truly healthy and to minimize the need for modern medicine and its side-effects.

You may also wish to discuss a recent medical diagnosis, test results or treatment recommendations you have received from another doctor. Various alternative or adjunct natural treatments, and their appropriateness in your situation, will be discussed and explored.

Will Dr. Lonsdorf be my primary care physician?

Due to Dr. Lonsdorf's educational activities, she is limiting her practice to the natural approaches of Maharishi Integrative Medicine for chronic conditions only and will NOT be providing primary care services such as acute care (colds, flu, urinary tract infections, etc.), after-hours call, medication prescriptions, doctor's letters, physical exams, insurance or disability forms or letters, etc.

Can I get a prescription for blood-work or nutritional testing from Dr. Lonsdorf?

Blood-work, nutritional testing and other diagnostics may be ordered for you, or recommended through your local physician, depending on your individual needs. Additional charges may apply (see below.)

NOTE: Requests for prescriptions for laboratory tests and certain administrative requests made outside of a consultation are granted on an individual basis. A fee of \$50 is payable at the time the service is provided. If test results are outside the normal range, a follow-up visit may be required to discuss the results and receive a treatment program from the doctor. In this case, 50% of the service fee (\$25) will be deducted

from the cost of the office visit.

What days are available for appointments?

Tuesday and Thursday appointments are currently available.

How do I make an appointment?

Please visit Dr. Lonsdorf's website at www.drnancygonsdorf.com and click on the "Consultations" on the menu bar. Her website contains all the latest information about her practice, as well as forms you will need to fill out before your appointment, and a link to her Scheduling Site where you can select or modify your own appointment time 24/7.

If you need assistance, please call Dr. Lonsdorf 's office assistant at 641-469-3174 or email her at drnancyloffice@gmail.com. Please let her know what type of health issue you wish to address in your consultation and any specific questions or requests you may have. She will usually answer your email within 1-2 working days

Note: Please do not leave phone messages for urgent health matters. Instead, proceed to your nearest urgent care center, or hospital emergency room.

What should I do before my consultation?

Please fill out the online questionnaire on Dr. Lonsdorf's website at www.drnancygonsdorf.com. If you do not have online access, please fill out the forms sent by our office and either email/mail them so they arrive at least 1 day in advance, or bring with you.

What should I bring to my consultation?

For thorough consideration of your concerns, please bring:

- The completed version of any forms our office may have sent you.
- A list of all prescription medications you are taking, with dosage. (Or you may bring the actual bottles with original labels intact.)
- A list of all supplements, herbs, hormones, vitamins, etc you are taking, with dosage. (Or the bottles with label intact.)

- Copies of any laboratory reports of bloodwork, MRI, CT, ultrasound, etc. that relate to any condition(s) you wish to discuss. (It is not necessary to bring actual films.)

What are the fees for consultations?

- Consultation fees are determined by their duration and are described below.
- **Additional Charge:** If non-specialty lab studies are ordered (CBC, chemistry panel, thyroid, B12, etc.) to be done through your local hospital or clinic, an additional charge of \$25 will be added to your consultation fee to cover the costs of reviewing and reporting the results. An additional visit may be required to discuss and receive recommendations for abnormal findings.

NEW PATIENTS

Our introductory wellness program for those new to Maharishi Ayurveda is designed to give you the optimum start and greatest benefits from your new Ayurvedic health program. We have found that a two-visit program gives the best results. The costs of our two-visit, introductory program, payable at the time of each consultation, are as follows:

- \$345 --Initial consultation with Dr. Nancy Lonsdorf (usually 60-90 minutes)
- \$145 – For a 30 minute follow-up consultation (office visit or telephone) anytime within the next two months.

***For insurance information, please see explanation that appears later in this document.**

Consultation Fees (including telephone consultations) for those who have had Previous Maharishi Ayurveda Consultations:

Please Note: Initial consultations for particular health issues usually take 60 to 75 minutes depending on the complexity of your health concerns, how much medical information is already available regarding your condition, the treatment recommended, and how many questions you have.

An additional charge of \$25 will be added if a prescription for standard, non-specialty labs is provided (see above.)

New Patients* (Those experienced in MAV but who have not seen Dr. Nancy in consultation before)

- \$285 for 60-75 minutes

Established Patients* (who have seen Dr. Nancy in consultation before)

- \$275 for 75 minutes
- \$235 for 60 minutes
- \$198 for 45 minutes
- \$149 for 30 minutes

Follow-up Visits- if within 2 months of initial visit (otherwise rates above apply)

- \$135 – For 30 minutes
- \$179- For 45 minutes
- Follow-ups usually take 30-45 minutes.

*NOTE: Appointment fees for shorter or longer duration appointments are prorated at 5 minute intervals. Fees subject to change without notice.

Research/Consulting/Coordination of Care, etc.

While consultation fees include routine follow-up by email or phone for issues directly relating to your recently recommended treatment program (see **Follow-up Communication** section below.) More extensive post-consultation services such as research, consulting specialists and coordinating care are billable, subject to your prior approval, at \$195 per hour on a prorated basis.

Payment Options

Payment in full is due at the time of your consultation. Personal checks and major credit cards are accepted for office visits.

Please Note: For telephone consultations, payment is by credit card only. Visa, American Express and Mastercard are accepted. Your credit card information is requested prior to the telephone call in order to avoid attending to payment issues during your consultation. You may leave your card number, name on the card, expiration date, and billing address (if different from the one on your forms,) on the office's confidential voice mail at 641-469-3174. Billing will occur after your

Will I receive an insurance form to send in to my health insurance company ?

At your request, we will provide a receipt for your doctor's visit that you can send in to your insurance company, or use for tax or Medical/Health Savings Account purposes. If your insurance covers doctors' visits to the physician of your choice, and you have met your deductible, it often will cover about one-third to two-thirds of your visit cost.

Please keep in mind that your insurance company alone determines whether and how much they will reimburse for your visit. We encourage you to consult your insurance company before your visit if you are concerned about coverage for your visit.

If you wish to check with your insurance company, it is usually sufficient to ask them if they cover office visits to a doctor who is "out-of-plan," or "not a preferred provider". Your receipt will reflect the standard medical components of your visit such as the history, examination and assessment plan.

- **Re Medicare** We are sorry, but this practice has opted out of Medicare. **It is therefore not possible for us to submit Medicare claims for our services. You may also not use insurance that requires you to first submit to Medicare and be rejected before they will cover any costs.**
- **Re: Telephone Consultations:** Please Note: Insurance companies do not generally offer coverage for telephone consultations.
- **Re: Nutritional Testing:** Nutritional testing is often not covered by insurance. However, some nutritional and hormone tests might be covered by your insurance, or enable you to receive a reduced rate on the tests. This will be discussed at your visit, if nutritional testing is recommended.

How can I keep my appointment time down to a minimum? I am on a tight budget.

The following tips will help to make your appointment most efficient:

- Let Dr. Lonsdorf know of your needs before the consultation begins.
- Fill out and email, fax or mail your forms ahead of your appointment time so that Dr. Lonsdorf can begin to review and consider your issues in advance.
- Along with the completed forms, provide a brief written summary (1 or 2 paragraphs) of the most important issue you wish to discuss, what you hope to

gain from the consultation and any questions you have.

- Limit your consultation to the most important health problem you have and save other issues for a future visit.

Are telephone consultations available?

Consultations are available by phone for all established patients at the established patient fees and payment policies listed above. Please note that telephone consultations are not usually eligible for insurance reimbursement.

Depending on the nature of the health situation, Dr. Lonsdorf may be willing to do an initial consultation over the telephone for a new patient residing in Iowa and North Carolina only.

If you reside in one of these states and wish to find out if your condition would qualify, please send Dr. Lonsdorf a brief email describing the condition you want help with, any medical evaluation you have had for this condition (prior medical evaluation and accurate diagnosis is required) and a brief statement describing what you hope to gain from your consultation.

Follow-up Communication

Close follow-up in the days and weeks following your consultation is valuable to ensure that your progress is smooth and that you get the best results from your treatment program. Your consultation fee includes phone contact with Dr. Lonsdorf's staff for questions directly relating to the recommendations given in your consultation. However, additional issues or requests may incur an additional charge or require a follow-up consultation, to properly address your questions or issues.

***NEW* Email Policy**

Email answers in particular can take much longer to research and write than it may appear. Due to the overwhelming number of emails and the extensive time required to respond to them, we have found it necessary to implement an advance charge for email questions other than scheduling or product orders. Additional charges for responses to email questions are \$29 for 1-2 questions and up to 100 words, and \$49 for up to 5 questions or 200 words. Please visit Dr. Lonsdorf's website at www.drnancygonsdorf.com to compose, submit and pay for your email. Payment is required before a reply is provided.

Important: Please keep in mind that truly urgent needs (such as chest pain, sudden weakness or other urgent symptoms) should be addressed by an urgent care or emergency room physician, (i.e. call 911 or go to the emergency room) and should not be delayed until you can contact Dr. Lonsdorf.

Appointment Confirmation

Please be sure the appointment time you requested by email or voice message has been confirmed by Dr. Lonsdorf or her staff before coming for your appointment. Appointments made online are automatically confirmed by Dr. Lonsdorf's online scheduling service.

Cancellation Policy

At this time, there is no charge for cancelled appointments. However, we kindly request at least 24 hour notice should you need to cancel or reschedule.

Practice Policies

Please note that the policies described in this practice brochure are subject to change without notice. It is advisable to consult Dr. Lonsdorf's website periodically for the latest updates on her practice.