



Contacting Liz at Integrative Healthcare of Colorado

- Office Phone: 970-457-4481
- Cell Phone: 720-470-9124
- Fax: 970-360-2347
- Email: liz@IntegrativeHealthColorado.com

Text messages and emails are fine as long as they do *not* contain medical information and are HIPAA compliant, for instance – texts/emails about scheduling, late to an appointment, etc.

If you want to send specific health information that contains HIPAA information, please setup and login to your **ChARM account**. Through ChARM you can leave me a message, receive messages from me, review lab work, etc.

<https://phr.charmtracker.com/login.sas>

You can also access the Patient Portal by going to:

www.IntegrativeHealthColorado.com click on the Patient Portal button on the home page

- The Integrative Healthcare of Colorado website is a great resource. If you forget where to buy your supplements, there is a link to the vendors with reduced pricing. In addition, you can schedule appointments on-line, access patient forms, and access resources such as where to purchase items that we discussed during your appointment.
- The fastest way to reach me is on my cell phone via phone call or text message. Please allow 48 hours for a return call. I am not in the office on Fridays, if something is urgent please text that it is urgent, and I will return your call as soon as I am able.
- My goal is to be as responsive to your needs as possible. I look forward to serving you between appointments.

