



3001 S. Lincoln Ave. Suite E
Steamboat Springs, CO 80487
Phone: 970-457-4481
Mobile: 720-470-9124
Fax: 970-736-8492

32135 Castle Court Suite 100B
Evergreen, CO 80437
Phone: 970-457-4481
Mobile: 720-470-9124
Fax: 970-736-8492

Dear Patient,

Thank you for making an appointment. This letter is to provide some information concerning my practice as well as office policies.

I am a family nurse practitioner, certified by the American Association of Nurse Practitioners. My practice is holistically oriented and integrated with both alternative and conventional medicine. Every attempt is made to understand the nature of disease from physical, emotional and spiritual perspectives. It is important to understand that the physical body is an integrated whole, and chronic illness leads to imbalances throughout the body. Therefore, when evaluating and treating an individual with chronic infection or disease, it is important to balance many aspects of the physical body, such as the endocrine, digestive, immune, and neurological functions. I do my best to educate my patients and work together to choose therapeutic options that are most desirable, as each person is different. I make every attempt to use noninvasive therapies whenever possible. As a nurse practitioner, I am able to order prescription medications, labs, diagnostics, herbal treatments, homeopathics, etc.

Please find the below listed documents on our website, print, complete, and bring them with you to the initial appointment. If you are not on Medicare, you do not have to fill out the Medicare ABN form.

- New Patient Form
- Privacy Practices
- Consent to Treat
- Medical History and Review of Systems
- Medicare ABN if you have Medicare

In addition, please assemble the following documents and bring them to your appointment:

- A chronological medical history from childhood to adulthood, including recurrent symptoms, infections, illnesses, injuries, surgical procedures, medications, any tests and interventions and results of these, stressful events and travel history
- A list of supplements and medications you are currently taking with dosages and frequencies. Please bring your supplements/medications to the appointment.
- A detailed diet history (i.e., what an average day looks like with breakfast, lunch, dinner and snacks.)
- All medical records you can get your hands on—most important please bring copies of any and all lab tests you have had done, especially in the past two years.

Please do not mail, email, or fax these documents to me—bring them with you to the appointment.

My charge is \$150 per hour.

New Patient – Hormone Assessment. New patients that are healthy and only looking for hormone balancing typically take 45 minutes and the cost for a 45 minute appointment is \$100.

New Patient – Focused Chronic Issue. New patients that are relatively healthy with only a few health concerns or the desire to remain healthy, typically need the “focused new patient” appointment that lasts up to two hours.

New Patient – Complex Chronic Issues. New patients that are experiencing more chronic issues lasting many years or a life time, often require a longer appointment that typically takes up to four hours – this is a “complex new patient” appointment. The fee for a “focused new patient” appointment (up to two hours) is \$300 and a “complex new patient appointment” (up to four hours) is \$600.

If additional time is needed, it will be billed at \$150 per hour. Both of these appointments can be scheduled on the web at: www.integrativehealthcolorado.com.

If you are unsure about what appointment is right for you, please call Liz at 970-457-4481 or 720-470-9124.

I am fee-for-service and request payment at the time of the visit by cash or check - I do not accept credit cards. I do not accept health insurance, but any health insurance policy that allows you to see the doctor of your choice should cover part of the charges excluding deductibles. I will give you a receipt with procedure and diagnostic codes that you can submit to your insurance carrier. Medicare and medicaid will not reimburse you.

I am not a Medicare provider and Medicare will not reimburse for my services. If you have Medicare, please sign the attached medicare document and bring it with you, the contract states that you understand that I do not accept medicare and medicare will not reimburse you for my services.

Office Locations:

Steamboat Office:

The Steamboat Office is located at 3001 S. Lincoln Ave. I am located in the same *building* as UC Health Integrative, but **NOT** the same suite. At the last stop light in town and heading south, turn right. You will see the building on your right. Follow the building to the far right (near the *dumptser*) I am in a suite through the last set of double doors on the **FAR RIGHT**, suite E. The sign above the door reads "Commercial Property Group". If someone is at the front desk, please ask for me. If not have a seat in the waiting room and I will be right up for you. Feel free to text if you troubles finding it. 720-470-9124.

Evergreen Office:

The Evergreen Office is located at 32135 Castle Court. Suite 100 B. When you enter the main set of doors, take your first left to a waiting area. My office door is the first door on the left. Please have a seat and I will be right with you. Feel free to text if you troubles finding it. 720-470-9124.

Please be at your appointment 15 minutes early to ensure starting on time and to complete any missing paperwork.

Please note: If you need to cancel your appointment, please do so by phone *and* email at least 48 business hours in advance, or you will be charged for the full appointment.

IMPORTANT:

Many of my patients have chemical and fragrance sensitivities, therefore a fragrance free environment is essential for everyones health. Please refrain from wearing scents including: perfumes, after shaves, deoderant, scented lotions, shampoos, essential oils, etc. Please avoid the use of dryer sheets and scented laundry detergents. Here is a link for more details:

<http://santafevipassana.org/calendar/fragrance-free/>. If you arrive at the office wearing scents you will be asked to leave and return another day - you will be billed for the missed appointment.

I encourage you to bring a friend or family member with you, as another pair of ears is always helpful. Please advise that individual to not wear any fragrances. I look forward to working together.

Best,

Elizabeth F. Kirt, FNP-C