



Functional Medicine Consulting Informed Consent

Healing Centered Medicine, LLC is the functional medicine private practice of Adla Angelina, MD. Dr. Angelina is a licensed and boarded medical doctor who uses nutrition and lifestyle changes to improve her patients' health. However, when needed she will use prescription medications. This approach is different from the standard healthcare provided by mainstream physicians and we do not provide primary care. Dr. Angelina is providing her patients with functional medicine consultation, not primary care, and we encourage all patients to have a primary care physician.

Nutritional and Herbal Supplements: 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, vitamins, minerals, trace elements, amino acids, or herbs, are not classified as drugs. However, these substances can have significant effects on physiology and must be used rationally. In this office, we provide nutritional counseling and make individualized recommendations regarding use of these substances in order to upgrade the quality of foods in a patient's diet and to supply nutrition to support the physiological and biomechanical 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. 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 to keep all of your healthcare providers fully informed about all medications and nutritional supplements, herbs, or hormones you may be taking.

Functional Medicine Laboratory Testing: The purpose of functional medicine laboratory testing in our office is to evaluate nutritional, biochemical, or physiological imbalance and to determine any need for medical referral. These lab tests are not intended to diagnose disease. This office utilizes conventional lab tests as well as functional medicine assessment.

Functional medicine assessment is designed to assist in finding the underlying causes of your condition. Functional medicine has evolved through the efforts of scientists and clinicians from the fields of clinical nutrition, molecular biology, biochemistry, physiology, conventional medicine, and a wide array of scientific disciplines. Functional medicine evaluates the body as a whole, with special attention to the relationship of one body system to another and the nutrient imbalances and toxic overload that may adversely affect these relationships.

Your other healthcare providers may or may not agree with the necessity for—or our interpretation of—these tests. If you have any questions or concerns, please discuss them with Dr. Angelina.

Patient Payment Obligation:

Please visit my website for the current fees for services. At my website click on the Patients tab, and from the drop-down menu click on Services.

Please note that in order to provide you with the highest-quality personalized service, we do not contract with any insurance providers. All services are to be paid for in full by the patient via credit/debit card, cash, or check at the time of service. If requested, we will provide the patient with a reimbursement form or



“superbill” which the patient can present to their insurance provider in order to seek full/partial reimbursement for services rendered. If the patient plans to use their insurance benefits, it is in their best interest to check with their insurance provider prior to their first appointment in order to understand the full details of their out-of-network health benefits. Dr. Adla Angelina is considered an “out-of-network” doctor for all insurers and Medicare. It is important that the patient understands that insurance benefits are a matter between them and their insurance company. In addition, Dr. Angelina is not responsible for submitting documentation to the health insurance company for prescription medications, laboratory services, or other medical services.

Cancelled or Missed Appointments: If an appointment is rescheduled or cancelled less than 48 hours before your appointment time you will be charged \$50. If the appointment is missed without any notification you will be charged \$150.

Late Arrivals: If you are more than 15 minutes late for your session you will be asked to reschedule.

Returned Checks: You will automatically be charged for the amount of your returned check plus a \$50 fee.

Administrative Fees: In order to keep the overhead low and to offer patients the most value, Dr. Angelina will charge an additional fee for administrative work outside of your appointment time, which exceeds more than 10 minutes. This includes: phone calls to you or phone calls made on your behalf; responding to emails or direct messages; making photocopies or faxing; document preparation for a third party (attorney, employer, etc.); medical record handling/photocopying, completion of any paperwork/forms; and obtaining any prior authorizations for medications or treatment. Time is billed in quarter-hour increments and is expected when services are rendered.

Medication Refills: Please be aware that one of the purposes of an appointment is to ensure that you have enough medication to last until your next scheduled visit. Therefore, you will not need to call us to request refills as you will already have enough medication to last until your next appointment. In order to continue to receive medication, you will need to be seen in person in order to review progress, side effects, update labs, and make any additional adjustments. There will be a \$25 charge for requests to refill a prescription or order a new prescription between appointments. This policy is to encourage all patients to keep their appointments and to ask for refills or discuss any medication changes during appointments.

Routine Concerns Between Visits: Routine emails, and phone messages are read/heard as Dr. Angelina’s schedule allows between 11:00 AM and 4:00 PM, Mondays through Fridays, and will be returned within 48 business hours, except on weekends and holidays.

Email Communications: While I am available for my patients via email, please be aware that patients should not use email for complicated medical concerns or urgent/emergency situations. Dr. Angelina is using a HIPAA compliant email, if the patient elects to communicate via email regarding personal concerns, they are agreeing to accept the inherent security risk of this medium. EMAIL COMMUNICATION SHOULD NEVER BE USED IN THE CASE OF AN EMERGENCY OR FOR URGENT REQUESTS FOR INFORMATION. Email correspondence with Dr. Angelina will become a part of the patient's medical record. Any information contained in email messages from Dr. Angelina is intended solely for the addressee unless otherwise explicitly stated and may contain information that is confidential, privileged, or otherwise protected from disclosure under applicable law.



Urgent or Emergency Situations: Please call 911 or go to the nearest emergency room.

Intake Forms: the information you provide in the intake forms is very important. Hence, invest the time to fill out the intake forms thoroughly. Many days before your first appointment download the Intake Questionnaire, Medical Symptom Questionnaire, and the Food and Drink Intake Diary from my website, healingcenteredmedicine.org. To download the forms at my website, click on the Patients tab, then click on Forms from the drop-down menu. In the Forms page you will find all the forms you will download. Fill out five days of Food and Drink Intake Diary forms: 3 week days, Saturday, and Sunday. Return the completed forms to me via email no later than 3 business days before your appointment to ensure that I will have the time to thoroughly review the information you provide in those questionnaires. If I don't receive the intake forms at least 3 days before your appointment we will have to reschedule your appointment.

Controlled Substances: Dr. Angelina will not prescribe controlled substances; i.e. opioids (Morphine, Oxycodone, etc.), benzodiazepines (Xanax, Valium, etc.), stimulants (Adderall, etc.), nor sedatives (Ambien, etc.).

House Calls: Dr. Angelina offers house calls. In addition to the fee for the visit, there is an additional charge of \$100/hour for related travel time. Please keep in mind that Dr. Angelina reserves the right to refuse to travel to any patient for a house call for any reason, including for safety. Dr. Angelina will ask for information in advance, in order to ensure her safety and the safety of others. Dr. Angelina also reserves the right to have a Healing Centered Medicine, LLC staff member present for any portion of the house call in order to ensure safety. Any Healing Centered Medicine, LLC staff member present will ensure confidentiality, and the same HIPAA and privacy laws, which apply to our doctors, also apply to our staff.

Telemedicine Virtual Appointments:

In the State of Colorado "telehealth" means a mode of delivery of health care services through telecommunication systems, including information, electronic, and communication technologies, to facilitate the assessment, diagnosis, consultation, treatment, education and care management of a resident's health care when the resident and practitioner are located at different sites. Telehealth includes 'telemedicine' as defined in Section 12-36-102.5(8), C.R.S." Telemedicine is the delivery of medical services and any diagnosis, consultation, treatment, transfer of medical data or education related to health care services using interactive audio, interactive video, or interactive data communication instead of in-person contact.

Consultation via Google Meet, Zoom, Skype or smart phone is available and cost the same as in person consultations. These consultations are covered by HIPAA, and the information shared during these consultations will become part of your medical record.

It is important to recognize that the quality of a telemedicine appointment depends on the technology being used. It is possible to have misunderstood communication due to technical glitches inherent to the technology used that may affect sound and video quality. Should issues arise due to technology issues during a telemedicine consult Dr. Angelina and Healing Centered Medicine, LLC will not be blamed in any way.



Dr. Angelina and Healing Centered Medicine, LLC are required by law to maintain the privacy of protected health information. At our practice your privacy will be protected and your medical records will not be shared without permission, except as required by law, or as requested by patient or patient representative, through use of third-party payers or other legally designated acknowledgments. For more information please see our Notice of Privacy Practices at our website, www.healingcenteredmedicine.org. At our website, click on the Patients tab, from the drop-down menu click on "Forms."

By signing below, I attest that I have read, understood and agree with the aforementioned policies and consent to these Healing Centered Medicine, LLC. policies:
(You can use the "Fill & Sign" feature of the free app, Adobe Acrobat Reader, to fill out and sign this document; then email it to drangelina@healingcenteredmedicine.org)

Patient Name (print): _____

Date of Birth: _____

Signature: _____ Date: _____

Phone Number: _____