



WHAT TO EXPECT FROM YOUR INTEGRATIVE MEDICAL VISITS

We provide complete and personalized integrative care, as well as a partnership with you. This requires considerable time, as well as an in-depth knowledge of the various aspects of your life that affect your health and well-being. We also spend extensive time in continually updating our knowledge base in order to provide you with the best care possible. Your integrative medical evaluation and treatment requires planning and work on both your part and ours. This is a four-step process.

STEP ONE: PRE-VISIT PREPARATION

This step requires work on your part. We ask that you:

- Copy any current relevant records from your practitioners, such as recent labs, diagnostic evaluations, exams notes, and/or procedures. This will help us to be more efficient and prevent us from duplicating laboratory work.
- Complete the health/life event chronology and history questionnaire. These can be brought to your first visit, but sending these forms before the visit will allow us to review them before we see you.
- Read and complete any insurance, billing, and policy forms. These can be either brought to your first visit or sent in prior to your visit.
- List all medications, including dosage, and bring all your supplements to your first visit.
- When seeing Dr. Wright, if possible, please bring a four- to seven-day food record, and your actual supplements, or printed information with a detailed list of the ingredients and their amounts (this can sometimes be obtained from catalogues or websites).

TIME: Approximately 1-2 hours

STEP TWO: FIRST OFFICE VISIT

The second step consists of your first office visit. This visit will include the following:

- Review of your health history and medical records
- Physical examination (Dr. Albert)
- Diet and supplement evaluation (Dr. Wright)
- Identification of other records or information that are needed
- Planning and initiating further testing
- Health and medical recommendations and/or prescriptions (Dr. Albert)
- Nutritional and supplement recommendations
- Other lifestyle recommendations as appropriate
- Referrals to other practitioners if appropriate

TIME

- Dr. Albert
 - The initial evaluation with Dr. Albert usually requires 1-3/4 to 2 hours of patient time.
 - If you have particularly complex problems, this evaluation may take longer or may require two visits.
- Dr. Wright
 - The nutrition evaluation by Dr. Wright requires approximately 1-1/4 hour. If you are also seeing Dr. Albert, this can be scheduled on the same day (appropriate if you are coming from out of town).
 - For complex problems, a longer initial visit may be necessary (1-1/2 to 2 hours).
- For the convenience of out-of-town patients we will schedule additional time if needed in order to condense your initial evaluations into one visit.
- Please allow at least 30 minutes for initial check-out. This may take considerably longer if you have to take care of testing, referrals, supplements, or prescriptions. It is possible to schedule a separate time with our office assistant, Joanna Arnold, for the purpose of reviewing the instructions for specialty laboratory testing with her.
- Please allow approximately 2½ to 3 hours for an initial visit to Dr. Albert, and approximately 1½ to 2 hours for an initial visit to Dr. Wright.

STEP THREE: MEDICAL INFORMATION AND TESTING REVIEW, HEALTH-CARE PLANNING, AND INTEGRATIVE MEDICINE EVALUATION AND TREATMENT PLAN PREPARATION

The third stage of this process involves a post-visit evaluation of your health records by Dr. Albert and/or Dr. Wright. There is no time involved on your part, unless you need to forward us additional medical records. This review and planning step includes:

- A review of the findings from your initial visit and health history, past medical records, and any new clinical testing results.
- Establishment of a computer-based medical record that allows for a comprehensive review of your health status, and can be updated from your follow-up visits and laboratory results.
- Consideration and planning for appropriate care. This involves a review of current evidence-based conventional, nutritional, herbal, and/or lifestyle approaches specific to your particular health needs. It also may involve a search of the medical literature or current texts and/or consultation with other conventional and alternative practitioners.
- Consultation between Dr. Albert and Dr. Wright regarding your care.
- Upon your request, Dr. Wright will take your supplement recommendations and generate a computer-based Supplement Recommendation Chart, which details your specific supplement brands, sources, and/or scheduling. (There is a \$25 charge for this service.)

TIME: 1 or more hours of practitioner time.

Following your initial visit Dr. Albert spends substantial time reviewing, evaluating and documenting your records and test results, and preparing recommendations for your follow-up visit. Dr. Wright usually spends at least one-hour in preparation and follow-up time and considerably more for addressing complex problems. We generally regard this as part of your office visits. However if your health evaluation requires especially extensive record review, lengthy consultation with your care givers, or research regarding medical information unique to your needs, we will require additional charges based on time spent.

STEP FOUR: FOLLOW-UP VISITS

- During your first follow-up visit, we will review your health information, test results, current progress, and create an integrative medicine plan, drawing from conventional as well as complementary and alternative medicine for what is best suited to enhance your health.
- Your return visit may also include a history and review of body systems, a physical exam appropriate to your presenting health issues, as well as medical decision making and health counseling.
- Occasionally, a separate telephone consult may be necessary in order to answer any questions or address any problems that may come up between office visits.
- Further visits involve reviewing your progress, rechecking laboratory markers, making any necessary changes in your treatment plan, and information, coaching and support to achieve your health goals.

TIME

- For Dr. Albert, follow-up visits are usually scheduled for 60 minutes. Occasionally, shorter visits (30 or 45 minutes) are sufficient.
- For Dr. Albert, please arrive 10 minutes early to complete a short medical review of systems questionnaire.
- For Dr. Wright, the first return visit is approximately one-hour long. Subsequent visits are approximately one-half hour to one hour in length. However, for complex problems a visit longer than an hour may be necessary.
- Please allow approximately 1½ hours for a follow-up visit to Dr. Albert, and approximately 1¼ hours for a follow-up visit to Dr. Wright. This also allows for check-out time.
- Whenever possible, we will do our best to coordinate visits that involve the services of both Dr. Albert and Dr. Wright so that they take place sequentially on the same day. Every effort will be made to coordinate visits for out-of-town patients.