

Red Mountain Wellness Center New Patient Information

Red Mountain Wellness Center was formed in 2017 to provide consultation in functional and integrative medicine to aid in the recovery from chronic disease and to help and empower people to be the healthiest they can be. Using a variety of functional, nutritional, botanical, stress reduction, and integrative medicine techniques, Laurie will be your partner in health as you embark on the journey back to wellness and vibrant health.

In order for you to have all your health care needs met, Laurie requests that you keep an ongoing relationship with a primary care provider who can see you for regular recommended screenings such as pap smears, prostate screenings, colon cancer screenings, blood pressure screenings, vaccination updates and annual physical exams, as well as be available to you for urgent care visits should you need immediate care for a health concern. Red Mountain Wellness Center does not provide 24 hour on call services, emergency services, nor after-hours care. Should you have an emergency health concern, please go to an emergency room or urgent care clinic where that need can be addressed immediately.

Except for some Medicare insurances, this is a cash-based practice that does not bill insurance. An encounter form (invoice) will be provided to you with diagnostic codes so you may submit the receipt to your insurance company. Red Mountain Wellness Center does not bill insurance and requires cash or check or credit card for payment at time of service. The visit fees are as follows:

New Patient Comprehensive Visit with Physical Exam 90 minutes \$ 250.00
Follow Up Visit 30 minutes \$115.00
Follow Up Visit 45 minutes \$155.00

This fee includes the initial treatment plan, educational tools, and ordering of any additional testing that is determined to be necessary at that visit. Review of test results is done either at follow up visits or via email or phone, at the discretion of the provider. Many lab results will require a follow up visit to sufficiently address in the treatment plan. Most people initially need follow up visits at 6-12 weeks, and as their condition improves this may be extended to every 4-6 months depending on the individual's progress. Some clients who are very stable in their condition may follow

up annually. Office hours are by appointment only. Telemedicine option is available for all appointments.

Emails are available for brief questions to clarify treatment plans or ask a question about a response to a treatment. If there is a new concern or complex question, a 15 - 30 minute follow up appointment will be needed to discuss the new concern.

A client may choose to have his or her lab tests billed through their insurance company if that specific lab is covered. It is the responsibility of the client to check with their insurance company to see if a particular lab test is covered, and which laboratories are approved for service. Diagnostic codes will be added to each lab order to aid you in submitting to your insurance company. For those clients with large deductibles or insurance that does not cover certain labs, a discount lab service will be recommended that will save greatly on fees.

Red Mountain Wellness Center uses an optional professional supplement service called Fullscript that stocks clinical grade nutrients, assures proper storage temperatures and handling, and guarantees against counterfeits which can be a problem in today's industry. Prices of these supplements are at lower than retail prices, passing on wholesale savings to you. Red Mountain Wellness Center does make a small percentage on these sales which helps cover overhead costs and keeps visit costs low.

Red Mountain Wellness Center has a 48-hour cancellation policy. This is needed in order to open up the time to another client should there be a cancellation. Please notify me by email or phone 48 hours in advance should you need to cancel or change your appointment. There will be a 60% charge of the visit fee for cancellations that are later than 48 hours.

Confidentiality: all care and encounters at the Red Mountain Wellness Center are confidential and comply with standard HIPAA guidelines. I will not discuss any part of your case with anyone else, nor the fact that you are my client, with any other provider or individual without your express consent in order to facilitate your care.

In order to facilitate our first visit, I have also sent you an intake form to be completed prior to your visit. Please bring a copy for my records, and I suggest keeping a copy for your own records as well. Please also print and sign this agreement and the HIPAA form, and bring a copy to your first visit.

If there are previous lab or test results pertinent to your current condition, please bring copies of those to your first visit, as well as any supplements that you take.

I have read this form and understand its contents and agree to uphold my role in this agreement, in order to provide safe and comprehensive care for myself. I consent to any treatment plan recommendations and lab results to be sent to me via the Red Mountain Wellness Center email account, info@redmountainwellnesscenter.com.

Client Name printed _____

Client Signature _____ Date _____

Provider Signature _____ Date _____

I attest that I do not have Medicaid insurance: _____

I look forward to partnering with you in your journey to health and wellness, and if you have any questions about this document please do not hesitate to ask. Sincerely,
Laurie Ann Cox, FNP, MSN, IFMCP

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Laurie Ann Cox, FNP, IFMCP

Laurie works as a partner with her patients to help them meet their health and wellness goals. She strives to use the safest, least invasive methods first, with a focus on wellness and disease prevention. She is a board-certified family nurse practitioner and recently became one of the 1800 practitioners and physicians world-wide certified in functional medicine by the Institute for Functional Medicine. Additionally, she has completed two foundational courses with the American Board of Integrative and Holistic Medicine, as well as receiving her homeopathic certification from the Homeopathy School International in Boulder, Colorado. Other additional integrative medicine studies have included education through the SCRIPPS Center for Integrative Medicine, Dr. Andrew Weil's Nutrition and Health Conferences of the University of Arizona Center for Integrative Medicine, and graduate level elective nutrition studies at the University of Colorado in Denver. In addition to 20 years conventional family practice medicine, her training includes studies in heart math, botanical medicine, stress reduction, and wellness coaching. She has also precepted numerous medical students and nurse practitioner students over the last twelve years.

Her Master's Degree in family practice training was done at the University of Wyoming in Laramie and undergraduate studies in nursing were done at the University of Colorado.

Laurie enjoys spending time with her family and friends kayaking rivers and hiking in the surrounding mountains and canyons, baking from whole foods, and doing yoga, painting, weaving, and gardening.