



FREDA TAM, BScH, ND
NATUROPATHIC DOCTOR

138 Courtland Cres. • East Gwillimbury, ON • L9N 0B2 • Tel: (416) 723-3336
www.FredaTamND.com • fredatam.nd@gmail.com

Dear New Patient,

I would like to take this opportunity to welcome you. I am excited to meet you and look forward to working with you to achieve your health goals. Before your first visit, please take a few moments to read the following letter explaining Naturopathic medicine.

As a Naturopathic Doctor, I utilize the principles of naturopathic medicine and other supportive therapies to assist the body's own ability to heal through natural means, and to help you become all that you can be regardless of what limitations may be affecting you at the present.

Please complete the **intake forms** prior to our first visit together (forms are available on my website: www.FredaTamND.com/contact). It is important that you fill out the forms completely and accurately so that our first meeting can be as productive and valuable as possible. All answers are strictly confidential. **Please be sure to bring the completed forms & any recent blood work / lab reports with you to our meeting.**

Your first visit (usually 90 minutes) will be spent going over your health concerns and will include a relevant physical exam. I may also utilize specific laboratory tests as part of the treatment work-up to assess your health condition. In most cases, some form of treatment and recommendations will be implemented at this time. This may include any combination of herbs, nutritional supplements, Chinese medicine, acupuncture, dietary & lifestyle recommendations, or homeopathic remedies. A follow-up visit (usually 30-45 minutes) will be booked, as necessary – usually within the next one to six weeks, to review your progress and make appropriate changes to your treatment program.

The clinic's fee schedule is as follows:

<u>Naturopathic Services:</u>		<p>*Naturopathic services are exempt from HST!</p> <p>13% HST will only be added to supplements & lab fees.</p>
Initial Visit (up to 90 minutes)	\$ 210	
Follow-up (30 minutes)	\$ 90	
Follow-up after absence of 9 months (45 minutes)	\$ 120	
Extended Follow-up (60 minutes)	\$ 135	
Acupuncture (30-40 minutes)	\$ 90	
Missed appointments (without 24 hours notice)	\$45	
<i><u>Note:</u> Supplements and laboratory tests are not covered by extended health insurance plans.</i>		

Payment for appointments is required at the end of each visit by **credit card or email transfer**. While OHIP does not cover naturopathic services, many private insurance policies offer partial or complete coverage. Please check your policy to see whether you are covered for naturopathic medicine. Official receipts will be issued at the end of each visit so that you may be reimbursed directly by your insurance company.

For your convenience, any supplements or remedies prescribed can usually be purchased through my clinic or online dispensary. We strive to ensure that all products offered are of the highest quality and available to you at reasonable cost. Of course, you are welcome to purchase your supplements elsewhere.

If you are unable to make a scheduled appointment, please notify us as soon as possible so that we can provide care to another patient. **Failure to give 24 hours notice will result in a cancellation fee of \$45.**

To learn more about naturopathic medicine and current health programs, please visit my website at: www.FredaTamND.com.

Looking forward to meeting you and serving you in health,

Dr. Freda Tam, BSc (Hons.), ND