Adolescent Patient Registration Form

| This registration form is t PATIENT INFORMATION | o be completed by a parent, g | uardian, or other legal re | presentative of the patient. |
|--|-----------------------------------|-----------------------------|-------------------------------|
| First Name: | MI: L | ast Name: | |
| Previous Name: | | Date of Birth: | Gender: |
| Mailing Address: | | Street Address: | |
| City: | State: | Zip: | _ |
| Employer/School: | | _ E-mail Address: | |
| Cell Phone: | Home Phone: | Work Pl | hone: |
| Emergency Contact: | | Contact's Phone(s): | |
| Emergency Contact is the pati | ient's: (specify relationship) | | |
| How did you hear about us? | Friend/Family Medical F | eferral 📮 Newspaper Ad | Website Yellow Pages |
| RESPONSIBLE PARTY INFORMATIO | ▶ Please identify the individual | (s) financially responsible | for the patient's account. |
| Name: | | Phone: | |
| Street Address: | | | |
| City: | State: 2 | /ip: | |
| Insurance Information Please | e provide the patient's insurance | ce card(s) for photocopying | g. |
| Primary Insurance Company: | | Insurance Phone: | |
| Subscriber's Name: | | Subscriber's Date of | f Birth: |
| Patient's Relationship to Subs | criber: (check one) 🛛 Self | Child | |
| Secondary Insurance Compar | ıy: | Insurance Phone: | |
| There is a 🛛 Health Savings A | ccount (HSA) 🛛 Health Reimbur | sement Arrangement (HRA) | □ Flex Spending Account (FSA) |
| | PAYMENT IS EXPECTED AT | T THE TIME OF SERVICE | i. |

This includes amounts due for insurance co-pays and any natural medicines dispensed.

Email consultations and functional labs not covered by insurance are the patient's responsibility.

We accept cash, personal checks and credit cards (MasterCard, Visa, American Express, Discover.)

Returned Checks: There will be a charge of \$25 for each returned check.

Cancellations: Please provide at least 24 hours advance notice if an appointment needs to be rescheduled or cancelled. There is a \$50 charge for missed appointments or late cancellations.

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Contact Preferences

In general, the HIPAA Privacy Rule gives individuals the right to request a restriction on uses and disclosures of their protected health information (PHI). Individuals have the right to request receipt of confidential communications from us by alternative means or at alternative locations.

I wish to be contacted in the following manner: (check all that apply)

TELEPHONE COMMUNICATION: appointment reminders, requests to call office on billing or medical matters

Cell Phone: ____

 $\hfill\square$ OK to leave message with detailed information

□ Leave office name and call-back number ONLY

Home Phone: ___

 $\hfill\square$ OK to leave message with detailed information

 $\hfill\square$ Leave office name and call-back number ONLY

Work Phone: ____

 $\hfill\square$ OK to leave message with detailed information

 $\hfill\square$ Leave office name and call-back number ONLY

WRITTEN COMMUNICATION: appointment reminders, lab results, billing statements

Mail to my home address

Do NOT mail to home address. Please mail to:

EMAIL COMMUNICATION: administrative matters (supplement re-orders, etc.), conversations with physician via email regarding my health care

Email address:

OK for administrative use

OK for medical consultations

I understand that information sent via email is not considered secure and may result in the accidental disclosure of personal health information.

Patient's Name (PRINT)

Signature of Parent / Guardian / Legal Representative

Name of Patient's Parent / Guardian / Representative (PRINT)

Relationship to Patient

Date

(OVER)

| FOR OFFICE USE ONLY: Record of Disclosures | | | | | | | | |
|--|-------------------|------------|---------|-------------------|------|--------|--|--|
| Date | Disclosed to Whom | Authorized | Purpose | By Whom Disclosed | Туре | Method | | |
| | | | | | | | | |
| | | | | | | | | |
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| | | | | | | | | |

Type key: T=Treatment Records, P=Payment Information, O=Healthcare Operations; A=Authorization on file; D=Discretionary

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Patient Agreement Please initial each section of this agreement and sign at the end.

UPPER VALLEY NATURAL HEALTH CENTER

CONSENT TO CARE

PARENT/ GUARDIAN INITIALS: ____

I wish to be treated by the health care provider(s) at Upper Valley Natural Health Center. I understand that this care may include any of the following procedures and therapies as necessary to properly evaluate, diagnose and treat my health concerns: physical exams; diagnostic imaging (X-rays, ultrasound, etc.); venipuncture, Pap smears and other specimen collection for diagnostic labwork; dietary and lifestyle counseling; botanical medicines, homeopathic medicines, nutrient therapy (including oral and intramuscular injection); soft tissue and bony manipulations; hormonal therapies and prescription medications.

I am entitled to receive clear and understandable information about the treatment options for my health concerns. I understand that I may ask questions regarding my individual treatment and that I am free to refuse any specific procedure or treatment or to terminate care at any time. I have the right to seek a second opinion from another health care professional. With this knowledge, I consent to the routine evaluation and treatment deemed necessary or advisable by the health care provider(s) responsible for my care, realizing that no guarantees have been given to me by Upper Valley Natural Health Center.

AUTHORIZATION TO RELEASE MEDICAL INFORMATION

I agree to authorize Upper Valley Natural Health Center to use and/or disclose my health information as necessary to treat me, to obtain payment for services, and to conduct other internal health care operations as described in the Notice of Privacy Practices.

In addition, I authorize Upper Valley Natural Health Center to disclose my protected health information (PHI) and/or discuss my care with the following specific individuals:

Physicians:

Other Healthcare Practitioners:

Family Members or other Individuals: _____

AUTHORIZATION TO ASSIGN INSURANCE BENEFITS

If I have health care insurance, I agree that Upper Valley Natural Health Center (UVNHC) may bill these insurers and they may make their payments directly to UVNHC. I understand that I am liable to UVNHC for all related charges, whether or not covered by insurance, and the amount I am charged by UVNHC will be based on the benefits of my individual policy.

STATEMENT OF FINANCIAL RESPONSIBILITY

I acknowledge that I am legally responsible for all charges for the services provided to me by Upper Valley Natural Health Center to the extent that those charges are not covered or paid by my insurance carrier/health plan or other payment source such as Medicare or Medicaid. I understand that my insurance carrier/health plan may not approve or pay for the medical services provided by Upper Valley Natural Health Center. I understand that I am personally responsible for payment of all charges not paid in full, co-payments, policy deductibles, and co-insurance, *except where my liability is limited by contract or State or Federal law*. **(OVER)**

PARENT / GUARDIAN INITIALS: _____

PARENT / GUARDIAN INITIALS:

PARENT / GUARDIAN INITIALS:

NON-COVERED AND/OR NON-MEDICALLY NECESSARY SERVICES

I acknowledge that I am legally responsible for all charges associated with the provision of non-covered and/or non-medically necessary services. I understand Upper Valley Natural Health Center is not responsible for ensuring that I understand which services are not covered or are not considered medically necessary by my insurance carrier/health plan *except where required by contract or State or Federal law*. I understand it is my responsibility to review my insurance plan benefits and accept responsibility for payment should I choose to proceed with care.

PATIENT POLICIES

PARENT / GUARDIAN INITIALS: _____

PARENT / GUARDIAN INITIALS:

I acknowledge that I have received and understand the policies for patients as written in the Welcome Letter.

| Patient's Name (PRINT) | Signature of Parent / Guardian /Legal Representative |
|------------------------|--|
| | Name of Patient's Parent / Guardian / Representative (PRINT) |
| | Relationship to Patient |
| | Date |

ACKNOWLEDGEMENT OF RECEIPT OF NOTICE OF PRIVACY PRACTICES

I hereby acknowledge that I have been offered a copy of Upper Valley Natural Health Center's Notice of Privacy Practices that outlines the types of uses and disclosures that may occur involving my protected health information, describes my rights, and explains how I may exercise those rights. I understand that a record will be kept of the health services provided to me. This record will be kept confidential and will not be released to others unless so directed by me or my representative or otherwise permitted or required by law. I understand that if I have questions or complaints, I may contact the Upper Valley Natural Health Center at 802-281-6989. I also understand that I am entitled to receive updates upon request if Upper Valley Natural Health Center amends or changes its Notice of Privacy Practices in a material way.

| Patient's Name (PRINT) | Signature of Parent / Guardian / Representative |
|--|--|
| | Name of Patient's Parent / Guardian / Representative (PRINT) |
| | Relationship to Patient |
| | Date |
| FOR OFFICE USE ONLY: Unable | e to Obtain Acknowledgement of Receipt |
| This section serves as a record of Upper Valley Natura acknowledgement from the patient of receipt of the N the notice on: | 6 |
| Patient refused to sign acknowledgement. | |
| Patient is physically unable to sign acknowledgeme Other: | nt. |

Adolescent Health History

| First Name: | _MI: | Last Name: | | |
|---|------------|---------------------------|-----------------|--------------|
| Preferred Name: | _Date of B | irth: | _Age: | Gender: |
| Present Health Concerns: Please list your 1 | | lth concerns, including a | 'ate of onset a | nd severity. |
| 2 | | | | |
| What do you believe is causing your most ir | nportant h | ealth concerns? | | |

What goals do you have for your visit today?

Healthcare Practitioners: Please list your current healthcare practitioners with their contact information.

| | Practitioner's Name | Office Name | City | Phone |
|--------------|---------------------|-------------|------|-------|
| Primary Care | | | | |
| | | | | |
| | | | | |
| Pharmacy | | | | |

Medications: Please list all prescription drugs and <u>over-the-counter medications</u>, and <u>supplements</u> (vitamins, minerals, nutrients, herbs, homeopathic remedies, etc.) that you are currently taking.

| Medication/Supplement | Reason | Date began | Dose/Timing |
|-----------------------|--------|------------|-------------|
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
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| | | | |
| | | | |

Past Medical History: Please list the <u>date</u> of or <u>age</u> at each event and describe.

| Serious Illnesses and Injuries: | | |
|--|---|--------|
| Surgeries: | | |
| Hospitalizations: | | |
| Date of last physical: | Date of last blood tests: | |
| Allergies: please list any <u>severe</u> or <u>life-threater</u> | ning allergies to medications, stings, foods, etc.: | |
| O NONE or | | (OVER) |

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Review of Systems: Check I the symptoms that you <u>currently</u> experience. (to be filled out <u>with/by patient</u>)

| Constitutional | Heart & Circulation | Digestion & Intestine | Female Reproductive |
|-------------------------------|---------------------------------------|---|-----------------------------------|
| Max weight: Year: | O Heart murmur | O Bad breath | Last menstrual period: |
| Min weight: Year: | O Irregular heartbeat | O Excessive thirst | Age period started: yrs |
| Current height:wt: | O Heart palpitations | Difficulty swallowing | Length of flow: days |
| O Appetite or weight change | O Chest pain | O Indigestion | Length of cycle: days |
| O Fevers or Chills | O Lightheaded | O Belching | # Pregnancies: |
| O Sweats | O Fainting | O Heartburn or Acid Reflux | # Live births: |
| O Feeling hot or cold | • Cold hands or feet | O Nausea | # Miscarriages: |
| O Fatigue | O Swelling of feet / ankles | O Vomiting | # Abortions: |
| O Weakness | • Easy bruising | O Abdominal pain or cramping | Last Pap smear: |
| Eyes | O Blood transfusions | O Gas or Bloating | O Irregular menstrual cycle |
| O Eye pain | Chest & Lungs | # Bowel movements/ day: | O Bleeding between periods |
| O Blurred or Double vision | O Shortness of breath | O Constipation | O Heavy periods |
| O Glasses or Contacts | At rest Walking Lying down | O Loose stools or Diarrhea | • Painful periods |
| Near or Far sighted | O Wheezing or asthma | O Mucus in stool | O Premenstrual syndrome |
| O Dry eyes | • Cough: wet or dry | O Blood in stool | • Pelvic pain |
| Ears, Nose, Mouth, Throat | O Breast lump or pain | O Rectal pain/itching | O Abnormal pap smear |
| O Ringing in ears | O Nipple discharge | O Hemorrhoids | O Vaginal discharge |
| O Earaches | O I do self breast exams | O Hernia | O Vaginal itching or soreness |
| O Itchy ears | Neurological & Cognitive | O Jaundice | O Sores on genitals |
| O Excessive ear wax | O Dizziness | Muscles, Bones & Joints | Male Reproductive |
| O Hearing loss or hearing aid | O Poor balance | O Neck or Back pain | O Sores on genitals |
| O Nosebleeds | • Poor coordination | O Joint Pain: indicate R or L | O Discharge |
| O Stuffy or Runny nose | • Tremors or shaking | O wrist O fingers | O Testicle lump/swelling/pain |
| O Postnasal drip | O Seizures | O elbow O shoulder | O I do self testicular exams |
| O Sinus problems | O Headaches | O hip O knee | Bladder & Kidney |
| O Change in taste or smell | • Numbness <i>or</i> tingling | O ankle O foot | • Frequent / Urgent urination |
| O Dental cavities | O Nerve pain | O Joint swelling | • Painful urination |
| O Grinding teeth | • Poor memory | • Morning stiffness:hours | • Blood or pus in urine |
| O Gum problems | • Poor concentration <i>or</i> focus | O Joint replacements | • Recurrent infections |
| O Mouth sores | • Spaciness <i>or</i> distractibility | O Muscle pain | • Waking to urinate |
| O Dry mouth | O Hyperactivity | O Muscle weakness | O Interrupted flow |
| O Jaw clicking <i>or</i> pain | O Impulsivity | O Muscle cramps | O Kidney stones |
| O Sore throat | • Learning disability | Skin, Hair, Nails | Safety |
| O Hoarseness | Mental & Emotional | O Acne | O I wear a seatbelt |
| O Lump in throat | • Mood swings | O Itching or Dry skin | O I wear bike/ski/skate helmet |
| Immune System | O Anger, frustration, irritability | O Rashes or Eczema | O There are guns or weapons |
| O Frequent infections | O Sadness or depression | O Hives | at home OSecure storage |
| O Allergies to environment | O Suicidal thoughts | O Moles or growths | I have trouble or feel unsafe at: |
| O Sensitivity to foods | O Self-harm (cutting, etc.) | O Poor wound healing | O Home OSchool OWork |
| O Sensitivity to chemicals | O Anxiety, worry or phobias | O Hair loss | O I feel unhappy @ my looks |
| O Lymph gland swelling / pain | O Insomnia or disrupted sleep | O Nail problems | O I have 1 adult I can talk to |

Childhood Illnesses: Please check all that apply. As a child, your health was: O Good O Fair O Poor • Mononucleosis (Mono) **O** Rheumatic Fever

- O Chicken Pox
- **O** Diphtheria
- **O** Ear Infections
- German Measles (Rubella)
- **O** Measles

O Mumps

O Polio

- Pertussis (whooping cough)
- **O** Pneumonia

- **O** Tonsillitis
- **O** Scarlet Fever
- Strep Throat (recurrent)

Immunizations: O All immunizations up to date O Delayed schedule O Refused all immunizations

Personal and Family Medical History: Check I each condition that applies to you and your biological family. Key: **P**=Paternal; **M**=Maternal; **GF**=Grandfather; **GM**=Grandmother

| | | Pare | ents | | Grand | parents | | | Siblings | 1 | |
|-----------------------------------|-----|------|------|-----|-------|---------|-----|--|----------|---|--|
| | YOU | Mom | Dad | MGM | MGF | PGM | PGF | | | | |
| AGE ⇒ | | | | | | | | | | | |
| ☑ Check if DECEASED ⇔ | | | | | | | | | | | |
| Anemia | | | | | | | | | | | |
| Bleeding or Clotting Disorder | | | | | | | | | | | |
| Seasonal Allergies | | | | | | | | | | | |
| Eczema | | | | | | | | | | | |
| Asthma | | | | | | | | | | | |
| COPD / Emphysema | | | | | | | | | | | |
| Diabetes | | | | | | | | | | | |
| Thyroid disorder | | | | | | | | | | | |
| Osteoporosis | | | | | | | | | | | |
| Arthritis / Joint Disease | | | | | | | | | | | |
| Autoimmune Disease | | | | | | | | | | | |
| Celiac Disease | | | | | | | | | | | |
| Crohn's Dis. / Ulcerative Colitis | | | | | | | | | | | |
| Liver Disease / Hepatitis | | | | | | | | | | | |
| Gall Bladder Disease | | | | | | | | | | | |
| Kidney Stones or Disease | | | | | | | | | | | |
| Heart Attack / Heart Disease | | | | | | | | | | | |
| High Blood Pressure | | | | | | | | | | | |
| High Cholesterol | | | | | | | | | | | |
| Stroke | | | | | | | | | | | |
| Migraines | | | | | | | | | | | |
| Epilepsy or Seizures | | | | | | | | | | | |
| Alzheimer's or Dementia | | | | | | | | | | | |
| Tobacco / Alcohol / Drug Abuse | | | | | | | | | | | |
| Disordered Eating or Exercising | | | | | | | | | | | |
| Abuse or Trauma | | | | | | | | | | | |
| Anxiety / Panic Attacks / PTSD | | | | | | | | | | | |
| Depression / Suicide attempt | | | | | | | | | | | |
| Schizophrenia | | | | | | | | | | | |
| Cancer (what type?) | | | | | | | | | | | |
| Other: | | | | | | | | | | | |

This page is to be filled out with or by the patient.

Social History

| Parents' Marital Status: O Single O Significant Other O Married / Civil Union O Divorced O Widowed Parent's Occupation: Full or Part Time Parent's Occupation: Full or Part Time Siblings: O Yes O No Please list their age(s) | Parents: O Biological O Adoptive | • O Foster | O Step-parei | nt(s) | |
|---|---|----------------------------------|--------------------------|----------------------|---------------------------------------|
| Siblings: O Yes O No Please list their age(s) | Parents' Marital Status: O Single | Significan | t Other 🔾 M | arried / Civil Unior | • • • • • • • • • • • • • • • • • • • |
| Household: O Parent(s) O Sibling(s) O Grandparent(s) O Other | Parent's Occupation: | Full <i>or</i> Pa | art Time Pa | rent's Occupation | : Full <i>or</i> Part Time |
| Romantic Relationship: O Single O Significant Other for years My relationship is: O Physically Unsafe O Emotionally Unsafe O Safe and Supportive School / Training Program: Current grade level: Non-Academic Activities: O Sports O Work O Volunteer O Other Memories of your childhood: O Mostly happy O Mostly painful O Normal O Don't recall My life is: O Unsatisfactory O Too demanding O Boring O Satisfactory O Wonderful Lifestyle and Personal Habits: How do you self-identify? Pronouns? What are your primary sources of stress? How much does stress impact your life? Hours of play/relaxation per week? | Siblings: O Yes O No Please lis | t their age(s) | | | |
| My relationship is: O Physically Unsafe O Emotionally Unsafe O Safe and Supportive School / Training Program: Current grade level: Non-Academic Activities: O Sports O Work O Volunteer O Other Memories of your childhood: O Mostly happy O Mostly painful O Normal O Don't recall My life is: O Unsatisfactory O Too demanding O Boring O Satisfactory O Wonderful Lifestyle and Personal Habits: How do you self-identify? Pronouns? What are your primary sources of stress? How much does stress impact your life? Hours of play/relaxation per week? | Household: O Parent(s) O Siblir | ıg(s) 🔾 Grar | ndparent(s) | O Other | |
| School / Training Program: Current grade level: Non-Academic Activities: O Sports O Work O Volunteer O Other Memories of your childhood: O Mostly happy O Mostly painful O Normal O Don't recall My life is: O Unsatisfactory O Too demanding O Boring O Satisfactory O Wonderful Lifestyle and Personal Habits: How do you self-identify? Pronouns? What are your primary sources of stress? How much does stress impact your life? Hours of play/relaxation per week? | Romantic Relationship: O Single | Significar | nt Other for | years | |
| Non-Academic Activities: O Sports O Work O Volunteer O Other | My relationship is: O Physicall | y Unsafe 🔾 | Emotionally I | Jnsafe 🔾 Safe a | nd Supportive |
| Memories of your childhood: O Mostly happy O Mostly painful O Normal O Don't recall My life is: O Unsatisfactory O Too demanding O Boring O Satisfactory O Wonderful Lifestyle and Personal Habits: How do you self-identify? Pronouns? What are your primary sources of stress? How much does stress impact your life? Hours of play/relaxation per week? | School / Training Program: | | | Curre | ent grade level: |
| My life is: O Unsatisfactory O Too demanding O Boring O Satisfactory O Wonderful Lifestyle and Personal Habits: How do you self-identify? Pronouns? What are your primary sources of stress? How much does stress impact your life? Hours of play/relaxation per week? | Non-Academic Activities: O Sport | s O Work | O Volunteer | O Other | |
| Lifestyle and Personal Habits: How do you self-identify? Pronouns? What are your primary sources of stress? How much does stress impact your life? Hours of play/relaxation per week? | Memories of your childhood: O Mc | stly happy 🔇 | O Mostly pain | iful O Normal C | Don't recall |
| How do you self-identify? Pronouns? What are your primary sources of stress? Pronouns? How much does stress impact your life? Hours of play/relaxation per week? | My life is: O Unsatisfactory O To | o demanding | O Boring | O Satisfactory | > Wonderful |
| What are your primary sources of stress? How much does stress impact your life? Hours of play/relaxation per week? | Lifestyle and Personal Habits: | | | | |
| How much does stress impact your life? Hours of play/relaxation per week? | How do you self-identify? | | | P | Pronouns? |
| How much does stress impact your life? Hours of play/relaxation per week? | What are your primary sources of s | stress? | | | |
| | | | | | |
| How do you manage stress and take care of yourself? | How do you manage stress and tak | ke care of you | Irself? | | |
| Are you: | Are you: | | | | |
| Currently sexually active? OYes ONo Age of 1 st Sexual Activity: Current # of Partners: | Currently sexually active? | $\mathbf{O} Yes \ \mathbf{O} No$ | Age of 1 st S | exual Activity: | Current # of Partners: |
| My partner/s is/are: O Male O Female Form of Contraception/STI protection: | My partner/s is/are: ${f O}$ Male ${f O}$ | Female Fo | rm of Contrac | ception/STI protec | tion: |
| Satisfied with your social life? OYes ONo If no, why? | Satisfied with your social life? | $OYes \ ONo$ | If no, why? | | |
| Satisfied with school/work? OYes ONo If no, why? | Satisfied with school/work? | $OYes \ ONo$ | If no, why? | | |
| Do you: | Do you: | | | | |
| Exercise regularly? OYes ONo If no, why? | Exercise regularly? | $OYes \ ONo$ | If no, why? | | |
| Which activities? | Which activities? | | | | |
| Sleep soundly and wake rested? OYes ONo If no, why? | - | | | | |
| Use tobacco or vape? OYes ONo Quit date Total years: Amt. /day: | Use tobacco or vape? | OYes ONo | Quit date | Total yea | ars: Amt. /day: |
| Drink alcohol? OYes ONo Quit date Type: Drinks /week: | Drink alcohol? | OYes ONo | Quit date | Туре: | Drinks /week: |
| Use non-prescribed drugs? OYes ONo Quit date Type: How often: | | | | | |
| Drink caffeinated beverages? OYes ONo Type? Drinks /day: | Drink caffeinated beverages? | $\mathbf{O} Yes \ \mathbf{O} No$ | Type? | | Drinks /day: |

Diet: Please describe your typical meals. Dietary restrictions: _

| Diet: Please describe your t | <i>pical meals</i> . Dietary restrict | | |
|------------------------------|---------------------------------------|------------------------------|--------------------|
| Breakfast | Lunch | Dinner | Snacks |
| Time: | Time: | Time: | Times: |
| | | | |
| | | | |
| | | | |
| | | | |
| Protein Sources: O Beef O | Pork O Poultry O Fish O | Shellfish O Eggs O Dairy | O Soy/Beans O Nuts |
| How often do you eat out? _ | Wha | at are your food cravings? _ | |
| Water: ounces pe | r day Other beverages: | | |

This form has been reviewed by the doctor with the patient and parent/guardian.

Physician Signature

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Rebecca Chollet, ND 2456 Christian Street White River Junction, VT 05001 Phone (802) 281-6989 • Fax (802) 281-6988

Our Fees

as of January 1, 2024

Under the federal No Surprises Act, health care providers are required to give an estimate of the total cost of medical services to patients who self-pay in order to protect patients from unexpected medical bills. If you are uninsured, if you choose not to use your health insurance, or if Dr. Becky Chollet is out-of-network with your plan, you may request a written Good-Faith Estimate for any service you wish to schedule at our office.

As a streamlined solution to this new requirement, we are disclosing our fees for typical office visits, procedures, and lab services that Dr. Becky provides at the Upper Valley Natural Health Center.

| New Patient – First Office Visit | | | |
|---|-------------|-------|---------------------------------|
| Complexity | Time | СРТ | Fee |
| Straightforward | 15 – 19 min | 99202 | <i>115.⁰⁰</i> |
| Low | 30 – 44 min | 99203 | 170. ⁰⁰ |
| Moderate | 45 – 59 min | 99204 | 245. ⁰⁰ |
| High | 60 – 74 min | 99205 | <i>306.</i> ²⁵ |
| Established Patient – Follow-Up Office Visits | | | |
| Complexity | Time | СРТ | Fee |
| Straightforward | 10 – 19 min | 99212 | 75. ⁰⁰ |
| Low | 20 – 29 min | 99213 | <i>120.</i> ⁰⁰ |
| Moderate | 30 – 39 min | 99214 | 170. ⁰⁰ |
| High | 40 – 54 min | 99215 | 237. ⁵⁰ |
| Prolonged Office Visit | 15 min | 99417 | 87. ⁵⁰ |
| Prolonged Indirect Care | 30 – 74 min | 99358 | <i>170. ⁰⁰</i> |
| Established Patient - Telehealth Phone Visits | | | |
| Brief | 5 – 10 min | 99441 | <i>30.</i> ⁰⁰ |
| Straightforward | 11 – 19 min | 99442 | <i>60.</i> ^{<i>00</i>} |
| Low | 20 – 20 min | 99443 | <i>96.</i> ⁰⁰ |
| Procedures | | СРТ | Fee |
| Earwax Extraction (one ear) | | 69210 | <i>85.</i> ⁰⁰ |
| Injection | | 96372 | <i>35. ⁰⁰</i> |
| Finger Stick | | 36416 | 12. ⁵⁰ |
| In-Office Labs | | СРТ | Fee |
| Urinalysis - Dipstick | | 81002 | 5. ⁰⁰ |
| Rapid Strep | | 87880 | <i>30.</i> ⁰⁰ |
| POS Blood Glucose – Finger | | 82962 | <i>11.</i> ²⁵ |

Please note:

• Specific service(s) from the above list are chosen at the end of your visit based on an industry-wide standard that considers complexity of medical decision making and time devoted to care.

- In-network insurance contracts may limit allowable rates below our posted fees, which may provide you some savings.
- Only some insurance plans cover audio-only telehealth visits (phone visits). In most cases, patients are charged our typical non-covered phone visit fee of \$45 per 15 min interval.
- Patients who self-pay are eligible for a 20% discount off these fees when payment is made in full on the day of the service.

Additional Costs

Dr. Becky may recommend lab tests or imaging studies to be performed at local medical facilities. If you elect to do the test(s), the facility you choose to use is responsible for billing and providing fee estimates. Dr. Becky may also recommend out-of-pocket functional lab tests. She would inform you of the associated cost and if you choose to do a functional lab test, you would pay the lab directly.

Dr. Becky may recommend specific natural medicines for your health needs. We maintain a natural medicine dispensary from which you may choose to purchase your prescribed natural medicines. Alternatively, you may opt to purchase natural medicines elsewhere.

I understand that I am financially responsible for the medical expenses incurred at the Upper Valley Natural Health Center to the extent that my child's health insurance does not pay for the services provided to my child. I acknowledge that I have been informed of the fees for the services offered at the Upper Valley Natural Health Center.

Patient's Name (PRINT)

Signature of Parent /Guardian / Legal Representative

Name of Parent / Guardian / Legal Representative (PRINT)

Relationship to Patient / Representative Authority

Date

REBECCA CHOLLET, ND 2456 Christian Street, Suite 102 White River Junction, VT 05001 Phone (802) 281-6989 • Fax (802) 281-6988

Telehealth Informed Consent

Patient Name: _____ Date of Birth: _____

Patient Location (town and state):

Provider: Rebecca Chollet, ND (VT License #099-0000162; NH License #44)Provider's Physical Office Location: 2456 Christian Street, Suite 102, White River Junction, VT 05001

I understand that telehealth is the use of electronic information and communication technologies by a healthcare provider to deliver health care services to an individual when he/she is located at a different site than the provider. Telemedicine services are rendered via a HIPAA-compliant, live, interactive audio-visual platform. Audio-only services are rendered over the telephone. Telemedicine and audio-only services may be used as allowed by an individual's health insurance policy when the provider deems such telehealth services medically-appropriate.

I hereby consent to Dr. Rebecca Chollet of the Upper Valley Natural Health Center delivering health care services to my child via telemedicine or telephone.

I understand that my child's insurance will be billed for telemedicine and/or telephone visits and that I will be responsible for any copayments, co-insurances, and/or deductible amounts that apply to my child's visits.

I understand that the Upper Valley Natural Health Center cannot guarantee the coverage of my child's telemedicine and/or audio-only visits by my child's health insurance. If my child's insurance denies coverage, despite the best efforts of the Upper Valley Natural Health Center to determine coverage in advance of the visit, I agree to be financially responsible for the cost of the visit. (This does not apply to patients with Green Mountain Care/VT Medicaid.)

I understand that the laws that protect privacy and the confidentiality of medical information also apply to telehealth services and that my child's insurance carrier will have access to my child's telemedicine and telephone visit medical records for quality review/audit.

I understand that I have the right at any time to withhold or withdraw my consent to the use of telehealth services in the course of my child's care, without affecting my child's right to future care or treatment. I may revoke my consent orally or in writing at any time by contacting the Upper Valley Natural Health Center at 802-281-6989.

As long as my consent has not been revoked, Dr. Rebecca Chollet of the Upper Valley Natural Health Center may provide health care services to my child via telemedicine or telephone without the need for me to sign another consent form.

Patient's Name (PRINT)

Signature of Parent / Guardian / Legal Representative

Name of Parent / Guardian / Legal Representative (PRINT)

Relationship to Patient

Date