

List, in order of importance, your health goals:

1. _____
2. _____
3. _____

Do you currently have any medical issues or diagnoses? If so, please list them below.

1. _____
2. _____
3. _____

Current Medications: (include all prescription and over-the-counter medications; don't forget birth control, hormones, etc.)

<i>Medication</i>	<i>Dose/Frequency</i>	<i>For how long?</i>	<i>For what reason?</i>

Current Supplements: (include all vitamins, herbs, homeopathy, or other supplements)

<i>Supplement</i>	<i>Brand</i>	<i>Dose/Frequency</i>	<i>For how long?</i>	<i>For what reason?</i>

Family History: Please circle "Y" for Yes if YOU or your PARENTS, SIBLINGS, CHILDREN, or GRANDPARENTS have had any of the following conditions.

	You	Father	Mother	Siblings	Grandparents	Children
Cancer	Y	Y	Y	Y	Y	Y
High blood pressure	Y	Y	Y	Y	Y	Y
Heart disease	Y	Y	Y	Y	Y	Y
Heart attack	Y	Y	Y	Y	Y	Y
Stroke	Y	Y	Y	Y	Y	Y
Diabetes	Y	Y	Y	Y	Y	Y
Autoimmune disease	Y	Y	Y	Y	Y	Y
Thyroid disease	Y	Y	Y	Y	Y	Y
Obesity	Y	Y	Y	Y	Y	Y
Osteoporosis	Y	Y	Y	Y	Y	Y
Arthritis	Y	Y	Y	Y	Y	Y
Alcoholism	Y	Y	Y	Y	Y	Y
Drug addiction	Y	Y	Y	Y	Y	Y
Eating disorder	Y	Y	Y	Y	Y	Y
Anxiety	Y	Y	Y	Y	Y	Y
Depression	Y	Y	Y	Y	Y	Y
Suicide/Suicidal	Y	Y	Y	Y	Y	Y
Allergies	Y	Y	Y	Y	Y	Y
Asthma	Y	Y	Y	Y	Y	Y
Skin disease	Y	Y	Y	Y	Y	Y

Other (please describe): _____

Describe cancer (if any): _____

General Health:

Do you regularly use Antacids, Advil, Tylenol, Prednisone, Laxatives, or Antibiotics? _____

Tobacco: _____ Does anyone smoke in your household? _____

Alcohol: Number of drinks per day: _____ Recreational Drugs _____

What special diet do you follow, if any? (Vegetarian, Vegan, Food allergy, Atkins, etc.) _____

Eating Habits:

- | | | |
|---|---|---|
| <input type="checkbox"/> Skip breakfast | <input type="checkbox"/> Graze (small, frequent meals) | <input type="checkbox"/> Generally eat on the run |
| <input type="checkbox"/> 3 meals a day | <input type="checkbox"/> Food rotation | <input type="checkbox"/> Crave sweets |
| <input type="checkbox"/> 2 meals a day | <input type="checkbox"/> Eat constantly whether hungry or not | <input type="checkbox"/> Crave salt |

What do you drink during the day and how much? _____

Exercise: What type and how much exercise do you do? _____

Weight: Do you consider yourself: Overweight Underweight Just right

Sleep: How long do you sleep each night? _____ Do you feel rested? _____

Stress level (1=worst, 10=best): 1 2 3 4 5 6 7 8 9 10

What is your biggest source of stress?: _____



16 Sterling Street
Asheville, NC 28803
828-298-4800
LewisNaturalHealth.com

Diet Diary for: _____ Beginning Date: _____

The purpose of this diary is to provide me with an unbiased record of your normal eating habits. Simply eat your typical diet for 5 days in succession and record it. Under breakfast, lunch, dinner and snack columns, list what you ate and drank. Under Notes, list anything you noticed during the day such as mood swings, bowel movements, indigestion, headaches, fatigue, etc. and after which meal they occurred.

BREAKFAST	LUNCH	DINNER	SNACKS	NOTES
Day 1				
Day 2				



16 Sterling Street
Asheville, NC 28803
828-298-4800
LewisNaturalHealth.com

BREAKFAST	LUNCH	DINNER	SNACKS	NOTES
Day 3				
Day 4				
Day 5				

Dear Patient: Please read the following office policies and let us know if you have any questions.
YOUR SIGNATURE IS NEEDED ON THE LAST PAGE. THANK YOU!

FINANCIAL POLICIES:

Lewis Family Natural Health, Inc., is a fee-for-service office and does not accept or submit health insurance claims for payment. Therefore, payment for services and nutritional supplements is due in full at the time of service. Please let us know if you need to discuss other payment options. We accept cash, personal checks, Visa, and MasterCard. There is a minimum \$25 fee for returned checks and no further personal checks will be accepted.

Every effort has been made to ensure an easy-to-understand schedule of fees. For a more detailed description of our fees for services, please ask us for additional information. Fees as listed below are for office visits only, and do not include the cost, if any, of nutritional supplements or lab work. The exception is the UltraLite program, which *does* include all supplies.

New Patient Series (Adult):	\$225 Part I, \$145 Part II*
New Patient Series (Child 12 and under):	\$175 Part I, \$145 Part II*
Established Patient Follow-up/Acute Visits:	\$85 (regular), \$145 (extensive)
New Patient Acute Illness Visits:	\$175
One-Hour Wellness Consultations:	\$145
One-Hour Detoxification Consultations:	\$145
UltraLite Weight Loss Program:	\$155 initial visit (includes supplies) \$85 each week (includes supplies)

*Discounts are available to Students (college/university) and to our Senior patients (65 and older). Payment of both Part I and Part II visits at the first visit receives a \$20 discount. We also have extended payment plans. Please ask for more details.

We also wish to make every effort to answer your questions. Any brief phone or e-mail conversation that serves to **clarify instructions** from a previous visit is free of charge. A phone call or e-mail that **covers new material, requires new information, or takes an extensive amount of time, or results in a change in the naturopathic plan** is considered to be a substitute for an office visit, and will be billed according to the schedule above.

CANCELLATION, RESCHEDULING, AND MISSED APPOINTMENT POLICIES:

- Our doctors only see one patient at a time to give each patient their full attention, and only see a limited number of patients per day. Each doctor reserves 1 ½ to 2 hours for all Part I visits, 1 full hour for all Part II visits, and 45 minutes for future follow up visits. When you make an appointment, that scheduled time is reserved for your exclusive use.
- Our doctors also meticulously prepare for each appointment by reviewing your paperwork and treatment plan prior to your appointment to help provide you with the best care possible.
- For these reasons, if you are not able to make your appointment as scheduled, we need to know in advance so that we can contact other patients who are waiting for an appointment.

Appointment and Cancellation Policies:

- We have a **48-hour (2 business days) cancellation policy**.
- Our office will confirm your appointment at least two business days in advance by phone. If you are unable to keep your appointment as scheduled, please let us know 48-hours in advance in order to avoid a missed appointment charge.
- If you have a Monday appointment, we need to hear from you by 4:30 on the Thursday before your appointment.
- To cancel an appointment, please call 828-298-4800. Our regular office hours are Monday-Thursday, 9:30-4:30, and Friday 9:30-12:30. If you cannot reach us in person by phone, you may leave a detailed voicemail message with your name, date and time of your scheduled appointment, and your request to cancel or reschedule.

Policies for a New Patient Visit:

- A **\$100 deposit** is required to reserve your first 90-minute appointment. You may use a credit card (Visa or MasterCard), cash, or personal check (local address only). Please note that we cannot reserve your appointment until we receive this deposit.
- This deposit will be applied to the charge for your first appointment.
- This deposit is fully refundable (minus a \$15 processing fee) if you cancel or reschedule 48-hours (2 business days) before your scheduled appointment time.
- If you need to reschedule your appointment to a later date, this deposit can be used to secure this next appointment as long as we have had 48-hours notice.
- Cancellations made with less than 48-hours notice forfeit the \$100 deposit.

Policies for a Follow up Visit:

- We do not require a deposit for follow up visits.
- However, the same 48-hour cancellation policy does still apply. For cancellations made less than 48-hours (2 business days) before your scheduled follow up appointment, we reserve the right to charge a \$50 fee.

PLEASE NOTE: ***Missed appointments with no notice given in person or by phone are subject to a charge for the full amount of the scheduled visit.***

In the case of a true emergency, this cancellation policy does not apply. Please let us know as soon as possible if this is the case. However, we ask that this only be used in the case of a real emergency and that you otherwise make every attempt to keep your appointment.

HEALTH INSURANCE POLICIES:

We have many questions from patients about insurance coverage for naturopathic care. The following describes our office policy based on our understanding of the laws in North Carolina.

Traditional Health Insurance:

- At this time, there is no license for naturopathic physicians available in the state of North Carolina.
- This means that by law we are not able to diagnose and treat disease, and by extension, our services are not covered by traditional health insurance plans.
- If we were to file a claim for insurance reimbursement, this could be considered insurance fraud.
- Because of this, we are not able to provide documentation, diagnosis codes, treatment plans, etc. to your insurance company. Any form that asks for this information is, unfortunately, not a form our office is able to fill out.
- In the future, when our profession is fully recognized by the state of NC, we will be able to amend this policy as appropriate.

Health Savings Accounts (HSA) and Flex Spending Plans:

- Naturopathic services and supplements are sometimes covered under HSA and Flex plans. Not all plans cover all naturopathic care. The specifics of what is and is not covered depends on the rules of each specific plan.
- We recommend that you contact your plan administrator before using your HSA or Flex card at our office to determine what is covered and how it should be used.
- We are able to provide documentation to your HSA or Flex plan with the following information: Patient's name and birth date, date(s) of visit(s) to our office, supplements and other recommendations by our naturopathic doctors, and medical diagnosis that another doctor has given you. We are not able to diagnose disease in the state of NC, and therefore cannot list conditions or diagnoses that are not coming to us second-hand through another practitioner.

EMAIL POLICY AND PROCEDURES:

Many people now use email as a primary way to communicate with others. We appreciate that email can be a great way to ask a quick question or clarify something from your last visit, or share with us how you are doing. We have found through experience, however, that email is often not the best way to deal with more

treatment-oriented questions and decisions such as questions regarding your medical issues, changes in your symptoms, or complex requests. Instead, in these cases please schedule an appointment so your naturopathic doctor will have time set aside to directly hear and address your concerns.

When using email, please keep the following in mind:

- Never use email for an urgent or emergency problem. The telephone is a much better way to reach us quickly. Typical turn around time for an email sent to our office is 1-2 days.
- If you have sent us an email and have not heard back from us after several days, please follow up with a phone call. Spam and other filters may have caused your email or our reply email to be lost in cyberspace.
- Please know that email is not confidential and is inherently not secure. Do not use email to communicate anything that you wouldn't want someone else to read. If you send an email from your work email address, your employer has a legal right to read what has been written. Likewise, we may forward your email to a member of our staff if appropriate (i.e. for requests to reschedule an appointment or for a supplement refill order). Reserve more confidential requests for a telephone or in-person visit with your naturopathic doctor.
- All electronic communication with LFNH becomes a part of your medical record. We print a copy and file it in your chart. This means if you request that we send your records to another healthcare provider, they will receive copies of your email as well as our appointment notes.
- Email is never a substitute for seeing your naturopathic doctor. If you think that you need to be seen, please call and schedule an appointment!

By signing below, I agree that I have read and understand these policies. I have been given the opportunity to ask questions and clarify the information listed above. I guarantee payment of all charges incurred as a patient of Dr. Eric Lewis, ND, Dr. Kristina Lewis, ND and Lewis Family Natural Health, Inc. I understand that insurance does not routinely cover naturopathic services in the state of North Carolina. I also understand that there is a 48-hour cancellation policy for all appointments. I understand the inherent risks in electronic communication and may choose whether or not I wish to use email to communicate with Lewis Family Natural Health.

Patient or Responsible Party's Signature: _____

Printed name: _____ Date: _____

INFORMED CONSENT:

Drs. Eric and Kristina Lewis are Naturopathic Doctors. They are co-owners of Lewis Family Natural Health, Inc.

Both doctors graduated from the Southwest College of Naturopathic Medicine in Tempe, Arizona, a 4-year post-graduate medical school accredited by the US Department of Education. They carry licenses to practice medicine in the state of Vermont. In the state of Vermont, Naturopathic Medicine is regulated by the Vermont Secretary of State's Office of Professional Regulation of Naturopathic Physicians under Vermont Statutes, Title 21, Chapter 81, Section 4121 through 4132.

Dr. Eric Lewis and Dr. Kristina Lewis are licensable in all states licensing Naturopathic Physicians. At this time, there is no such license available in the state of North Carolina. They are therefore not licensed to diagnose or treat disease in North Carolina. As a result, they do not intend to nor imply to diagnose and treat disease. The advice provided by the doctors is educational and intended to complement, not replace, any treatment prescribed by a licensed physician.

I understand the above statement. I further understand that Lewis Family Natural Health, Inc., and its associates, Dr. Eric Lewis and Dr. Kristina Lewis, are not medical doctors and are not attempting to conduct the activities of medical doctors.

Patient or Responsible Party's Signature: _____

Printed name: _____ Date: _____